BEST FOR SPORT, SKY & STREAMING

MORE CHANNELS THAN ANY OTHER TV MAG!

6-12 SEPTEMBER 2025

TV & Satellite week

EXCLUSIVE!

ONLY MURDERS IN THE BUILDING

It's mobster mayhem for our returning sleuths

NEW
THE GIRLFRIEND
Robin Wright as a paranoid mum

NEW
FREDDIE FLINTOFF'S FIELD OF DREAMS
The cricket hero on his biggest project yet

NEW
TASK
Mark Ruffalo plays a troubled cop in this cat-and-mouse thriller

HotList This week's 28

Saturday 6

England v Andorra

***FOOTBALL** ITV1, kick-off 5pm*

Thomas Tuchel (above) still has to prove his worth to fans after a rocky start as England coach, so will be hoping for a straightforward 90 mins in this World Cup qualifier. *See Sport Week, page 28*

Win Win

***GAME SHOW** ITV1, 7.15pm*

Sue Perkins and Mel Giedroyc (both above) are back together to host this new big-money quiz in which viewers at home could win the same prizes as the players in the studio, with £1 million up for grabs.

Freddie Mercury: A Secret Daughter?

***DOCUMENTARY** 5, 9pm*

Investigating whether the Queen frontman (above) fathered a secret daughter, and had a close relationship with her until his death in 1991. *See Documentaries, p21*

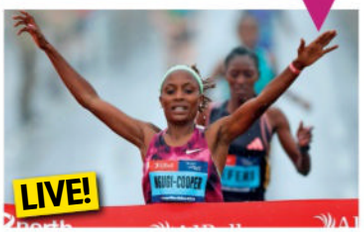
Bryan Adams: Radio 2 in the Park

***MUSIC** BBC2, 10pm*

The singer-songwriter (above) takes to the stage to perform some of his greatest hits as well as songs from his latest album, *Roll with the Punches*. *See feature, p11*

Full listings start on **p35**

Sunday 7



Great North Run

***ATHLETICS** BBC1, 10am*

Around 60,000 runners will be lining up in Newcastle for the start of the largest half-marathon in the world. Kenyans Abel Kipchumba and Mary Ngugi-Cooper (above) were the victors last year.

One of Them Days

***COMEDY** Sky Premiere, 10.30am & 8pm*

This breezy comedy stars SZA and Keke Palmer (both above) as roommates who are forced to find quick ways to raise cash when a sketchy boyfriend squanders their rent money. *See review, page 23*

NFL Big Game Night

***AMERICAN FOOTBALL** 5, 5.30pm*

Host Dermot O'Leary is joined by fans of the Washington Commanders and the New York Giants to watch the teams' live NFL match and take part in some fun games to try to win a trip to the USA.

Freddie Flintoff's Field of Dreams: Ultimate Test

***FACTUAL** BBC1, 8.10pm (regions vary) (box set, BBC iPlayer)*

Freddie Flintoff has supersized his dream to form boys' and girls' cricket teams. *See Documentaries, page 20*

Full listings start on **p45**

Monday 8

Escape to the Country

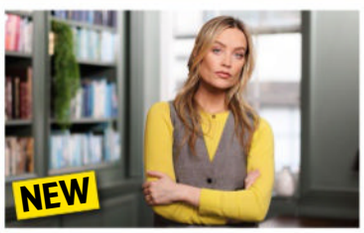
***FACTUAL** BBC1, 3pm*

The popular property show has a new presenter – Radio 2 DJ Richie Anderson – and in his first episode he heads to the Midlands to help house-hunters Natalie and Andy find their dream home.

Task

***DRAMA** Sky Atlantic, 9pm*

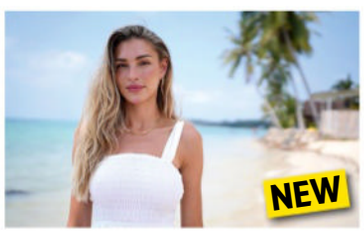
From the creators of *Mare of Easttown* comes this crime thriller starring Mark Ruffalo (above, right) as an FBI agent who is tasked with investigating a string of violent home invasions. *See feature, p6*



Laura Whitmore on Britain's Killer Teens

***DOCUMENTARY** Crime + Investigation, 9pm*

Laura Whitmore (above) takes a closer look at cases in which teenagers have turned to murder, starting with the 2023 killing of 15-year-old Holly Newton.



Thailand: The Dark Side of Paradise

***FACTUAL** BBC3, 10pm (box set, BBC iPlayer)*

Zara McDermott (above) investigates the darker side of the Asian paradise, starting in Bangkok's infamous red-light district. Continues to Wednesday.

Full listings start on **p55**

Tuesday 9

Only Murders in the Building

***COMEDY DRAMA** Disney+*

Selena Gomez, Steve Martin and Martin Short (all above) return as the trio hot on another case following the death of doorman Lester. *See feature, page 4*

Serbia v England

***FOOTBALL** ITV1, kick-off 7.45pm*

England's Harry Kane (above) started the season strong for Bayern Munich with a hat-trick in the team's opening match – can he show this form for the Three Lions tonight? *See Sport Week, page 28*

Stacey & Joe

***REALITY** BBC1, 8pm (regions vary)*

As the cameras return to Pickle Cottage, Joe Swash, Stacey Solomon and their children are coping with Belle's first day at nursery, an unusual Valentine's gift and organising a birthday celebration for Zach.

The Great British Bake Off

***COOKERY** C4, 8pm*

It's crunch time for the bakers in the tent for Biscuit Week, which starts with a slice-and-bake patterned biscuit Signature. Which way will the cookie(s) crumble?

Full listings start on **p65**

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Wednesday 10

The Girlfriend

THRILLER Prime Video

Robin Wright (above) directs and stars in this thriller as a woman who is convinced her son's girlfriend (Olivia Cooke) is not all she seems – but is it mother's instinct or paranoia? *See Your Watchlist, page 14*

England v South Africa: 1st T20 International

CRICKET Sky Sports Main Event & Sky Sports Cricket, play starts at 6.30pm

Coverage of the first Twenty20 in the three-match series against the tourists, from Sophia Garden in Cardiff.

The National Television Awards

AWARDS ITV1, 8pm

Joel Dommett (above) hosts as Gary Lineker goes up against Ant & Dec for the TV Presenter award, which the duo have taken home for the past 23 years.

The Rumour

DRAMA 5, 9pm

Joanna (Rachel Shenton, above) moves with her young son Alfie to a quiet town, but when she stumbles upon a rumour about a child killer, gossip soon spreads. Continues to Friday. *See feature, page 8*

Full listings start on **p75**

Thursday 11

BMW PGA Championship

GOLF Sky Sports Main Event & Sky Sports Golf, from 8.30am

With this year's Ryder Cup only two weeks away, players including Tommy Fleetwood (above) are in action at Wentworth. Continues tomorrow.

The Newsreader

DRAMA BBC2, 9pm (box set, BBC iPlayer)

As the Aussie drama returns for a third and final series, Dale (Sam Reid) is TV's 'King of News', while Helen (Anna Torv) struggles with her mental health. Continues tomorrow. *See feature, p12*

I Fought the Law: The Ann Ming Story

FACTUAL ITV1, 9pm

Following last week's drama with Sheridan Smith as campaigning mum Ann Ming, this documentary tells the true story of Ming (above) and her fight for justice.

Taskmaster

ENTERTAINMENT C4, 9pm

The comedians stepping up to the plate this series are Ania Magliano, Maisie Adam, Phil Ellis, Reece Shearsmith and Sanjeev Bhaskar, with Greg Davies and Alex Horne also back. *See feature, p12*

Full listings start on **p85**

Friday 12

Isolated

DRAMA Channel 4 Streaming

In this Finnish supernatural drama, an island community is cut off from the outside world by a series of strange phenomena, and there's a race against time to avoid disaster striking. *See Your Watchlist, p16*

The Wrong Paris

ROMANTIC COMEDY Netflix

Miranda Cosgrove stars in this does-exactly-what-it-says-on-the-tin romcom as a single woman who applies for a dating show under the impression that it takes place in Paris, France – not Paris, Texas.

Dangerous Animals

THRILLER MGM+

This Australian thriller sees Jai Courtney as a sneering fisherman/serial killer who feeds his prey to the local sharks. Can an American surfer (Hassie Harrison, above) escape his clutches? *See review, page 23*

Nosferatu

HORROR Sky Premiere, 11am & 8pm

Remake of the 1922 classic Gothic horror, with Bill Skarsgård as the vampire Count Orlok and Lily-Rose Depp as the young woman he is obsessed with. Nicholas Hoult also stars. *See review, page 22*

Full listings start on **p95**

6-12 SEPTEMBER 2025

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EXCLUSIVE!

Star-spangled sleuths

The New York crime-solvers take on the Mob as the comedy drama returns

Stars Selena Gomez, Steve Martin and Martin Short

NEW COMEDY DRAMA

Only Murders in the Building

From Tuesday 9 September, Disney+ (first three episodes from Tuesday 9 September, then weekly)

After forays into the worlds of Broadway and Tinseltown, the latest run of Disney+'s comic whodunnit *Only Murders in the Building* finds the amateur detectives dipping their toes into the milieus of New York mobsters and the city's super-rich.

The fifth 10-part season of the award-winning comedy drama sees the true-crime podcasters – shrewd artist Mabel Mora (Selena Gomez), nervy actor Charles-Haden Savage (Steve Martin) and highly strung director Oliver Putnam (Martin Short) – back on the case as they investigate the demise of Lester (Teddy Coluca), the veteran doorman at their Manhattan apartment complex The Arconia.

CLOSE TO HOME

Lester was found lying in a bloody fountain following Oliver's wedding to actor Loretta (Meryl Streep) in the finale of the last run. However, while the police think it was an accident, Mabel, Charles and Oliver suspect foul play and, with the help of their quirky, animal-loving neighbour Howard Morris (Michael Cyril Creighton), they try to unravel the mystery.

'Lester was the beating heart of the building, and, in a way, we took him for granted. Without him, it's falling apart,' says Creighton, as *TV&Satellite Week* joins him for an exclusive interview. 'The mystery of solving his murder brings us down many different paths…'

Links emerge to the disappearance of dry-cleaning business owner and rumoured mobster Nicky Caccimelio (Bobby Cannavale), whose wife Sofia (Téa Leoni) turned up at the end of the last season and asked the sleuths to help find him. Meanwhile, there also appear to be connections to an enigmatic, ultra-wealthy elite in the city, who include Camila White, played by Renée Zellweger, and Bash Steed, portrayed by Christoph Waltz.

Howard (Michael Cyril Creighton)

Charles investigates – at Lester's funeral!

'We're touching on organised crime and this world of tech billionaires. Who runs New York? Is it the old-school Mob, or the new-school Mob, which is the world of money?' says Creighton. 'It's satisfying to explore that, especially as I'm from New York and there's a storyline this season about bids for casinos. That's really happening in our city right now, so it's timely.'

The theme of technology comes further to the fore as needy Howard, whose garish knitwear has helped turn him into a fan favourite, gets involved with artificial intelligence.

'Howard really wants to be the fourth wheel of the Charles-Mabel-Oliver tricycle! But he doesn't think he's getting the attention he deserves,' laughs Creighton.

'So he does what most lonely guys do: he turns to technology and becomes close friends with a robot – maybe too close! We're exploring what "Tech Howard" would look like, too. He has a bomber jacket and, of course, excellent sweaters!'

NEW FACES

The starry cast also includes Dianne Wiest (*Mayor of Kingstown*) as Lester's widow Lorraine and Beanie Feldstein (*Booksmart*) as Mabel's successful old friend Althea. Meanwhile, Nathan Lane is back as Oliver's pal Teddy Dimas, Richard Kind reprises his role as offbeat resident Vince Fish, and Da'Vine Joy Randolph returns as formidable Detective Donna Williams.

Creighton credits Martin, Short and Gomez with creating a warm atmosphere that attracts such stellar talent.

'We get the best of the best, be it a day player with two lines or the biggest stars. It's a dream job even for the most famous,' he says. 'From the top down, everybody puts pride into what they do. And Steve, Martin and Selena are kind and playful. They care about the show and are very generous.'

For Creighton, who has featured in the show since the first series, returning each year is a no-brainer.

'The show is constantly evolving, but its core values about community and building friendship are always there,' he reflects. 'It's extremely funny, but there's heart. I love playing this strange little man, and I hope I get to continue for a while. It's always an adventure.'

Renée Zellweger as Camila

CRIME SCENE

The demise of doorman Lester in the courtyard fountain was one of many *Only Murders* scenes to be filmed at Manhattan's swanky real-life apartment building The Belnord, which stands in as the show's fictitious Arconia.

Built in 1908, the block's famous residents have included Hollywood star Walter Matthau, and you can pick up a luxury apartment in The Belnord for a cool $10 million.

'I knew we needed a home that carried enough history and elegance to hold a world of mystery and intrigue, and that could serve as a fitting backdrop' says John Hoffman, who created the series with Steve Martin. 'It surpassed our wildest dreams and wrote itself into our show as its own compelling character.'

The Belnord in New York City

WORDS: CAREN CLARK. PHOTOS: ALAMY. ©2025 DISNEY & ITS RELATED ENTITIES

Mark Ruffalo and Tom Pelphrey square up in a classy cat-and-mouse thriller

COLLISION course

NEW CRIME DRAMA

Task

Monday, 9pm, Sky Atlantic

Best known for playing The Hulk in the Avengers film franchise, Mark Ruffalo ditches the green giant this week to star as a grizzled and greying FBI agent in Sky Atlantic crime drama *Task*.

From writer Brad Ingelsby, the creator of *Mare of Easttown*, and set in the working-class suburbs of Philadelphia, the gritty seven-parter sees Ruffalo play beleaguered, heavy-drinking father Tom Brandis.

Tom is still grappling with the fallout of his wife's sudden death and struggling to mend his fractured relationships with his children – biological daughter Sara (Phoebe Fox) and adopted daughter Emily (Silvia Dionicio) – when he's forced back into the field by his bureau chief (Martha Plimpton) to set up a task force investigating a string of drug-den robberies.

'Tom is emotionally shut down in the aftermath of his wife's death six months before the story opens,' explains Ruffalo, 57. 'Parenting doesn't come naturally to Tom, but then something is reignited in him that allows him to be the father he could never be before tragedy struck.'

Emily (Silvia Dionicio) and Tom

HIGH-RISK

Meanwhile, living a parallel life on the opposite side of the law is refuse collector and family man Robbie Prendergrast (*Ozark*'s Tom Pelphrey). It turns out he's been masterminding the robberies alongside his best pal Cliff (Raúl Castillo) in order to provide a better life for his two young kids after the murder of his brother and the disappearance of his wife.

'Robbie and Cliff know from collecting garbage that these gang members are selling drugs, so they break into the houses and extract whatever money remains,' says Pelphrey. 'It's a way for Robbie to provide for his family.'

But when Robbie stages a break-in that turns into a deadly shoot-out that leaves four dead, it makes him the target of a fentanyl-trafficking motorcycle gang known as the Dark Hearts. It also sets Robbie and Tom on a dangerous collision course, as Tom's FBI task force homes in.

'I honestly thought *Task* was some of the best TV I've ever read,' says Pelphrey, 43. 'You have two

Robbie and Cliff (Raúl Castillo)

WORDS: HANNAH DAVIES. PHOTOS: CINEMATIC/ALAMY STOCK PHOTO, HBO, SKY

Tom (Mark Ruffalo) and Robbie (Tom Pelphrey)

Tom leads the task force

men, in very heightened circumstances, having to decide what to do for their families. At the end of the day, Tom and Robbie are motivated by almost identical values.'

Robbie also has a complicated relationship with his 21-year-old niece, Maeve (*CODA*'s Emilia Jones), who has put her life on hold to raise his young children, but ends up making mistakes that place the family in jeopardy.

Meanwhile, Tom becomes something of a father figure to his ragtag task-force family, which is made up of state-patrol officer Lizzie (Alison Oliver), county detective Anthony (Fabien Frankel) and federal agent Aleah (Thuso Mbedu), who all have their own internal dysfunctions and haunted pasts.

'Tom and Robbie are motivated by identical values'
TOM PELPHREY

KNIFE-EDGE

As Tom and Robbie's tense game of cat and mouse plays out over the increasingly unnerving episodes, they both find themselves in a dangerous stand-off that has far-reaching consequences.

'There's a great deal of heart and soul,' says Ruffalo, who's starred in movies *Foxcatcher* and *Poor Things*. 'These two men come from opposite worlds but find themselves hurtling toward each other until their lives become parallel when their paths finally cross.

'There is never an excuse for breaking the law and hurting people, but Tom comes to see Robbie as something more than a common criminal. They become emotionally entwined and find themselves caring for one another in rather unexpected ways.'

HULK SMASH!

Mark Ruffalo may have received four Oscar nominations, but for fans of the Marvel Cinematic Universe, he'll forever be Bruce Banner and his mean, green alter ego The Hulk.

Since making his debut in 2012's *The Avengers*, he has played the character in numerous Marvel projects, including *Thor: Ragnarok*, *Avengers: Infinity War* and the Disney+ series *She-Hulk: Attorney at Law*.

He's set to reprise the CGI-heavy role in *Spider-Man: Brand New Day* next year, but admits that he hankers after his own movie.

'I'd love to do a stand-alone Hulk film, but I just don't think that's ever going to happen,' he says. 'It's very expensive if you did a whole movie, which is why they use The Hulk so sparingly. I priced myself out!'

Ruffalo as The Hulk

TV WEEK

Gossip girls

A malicious rumour has fatal consequences in a **tense thriller**

NEW DRAMA

The Rumour

Wednesday-Friday, 9pm, 5

Soon to return as vet's wife Helen Herriot in the new series of *All Creatures Great and Small*, Rachel Shenton takes on a very different role in 5's five-part drama about a community that's rocked by a vicious rumour.

Shenton plays Joanna, who moves to the quiet town of Flinstead with her son, Alfie, to make a fresh start.

'Joanna has uprooted her life from London and moved to the suburbs where her mum lives,' says Shenton. 'She doesn't have a very strong sense of self and is desperate for her and Alfie to fit in and make new friends.'

As the drama begins, it's Alfie's first day at a new school and Joanna is starting a job as an estate agent. But while scouring an online forum to get some insights into the local neighbourhood, Joanna stumbles across a disturbing rumour.

'She reads that a woman called Sally McGowan, who was convicted of killing a child when she was a child herself, is apparently now living in Flinstead under a new identity,' says the 37-year-old.

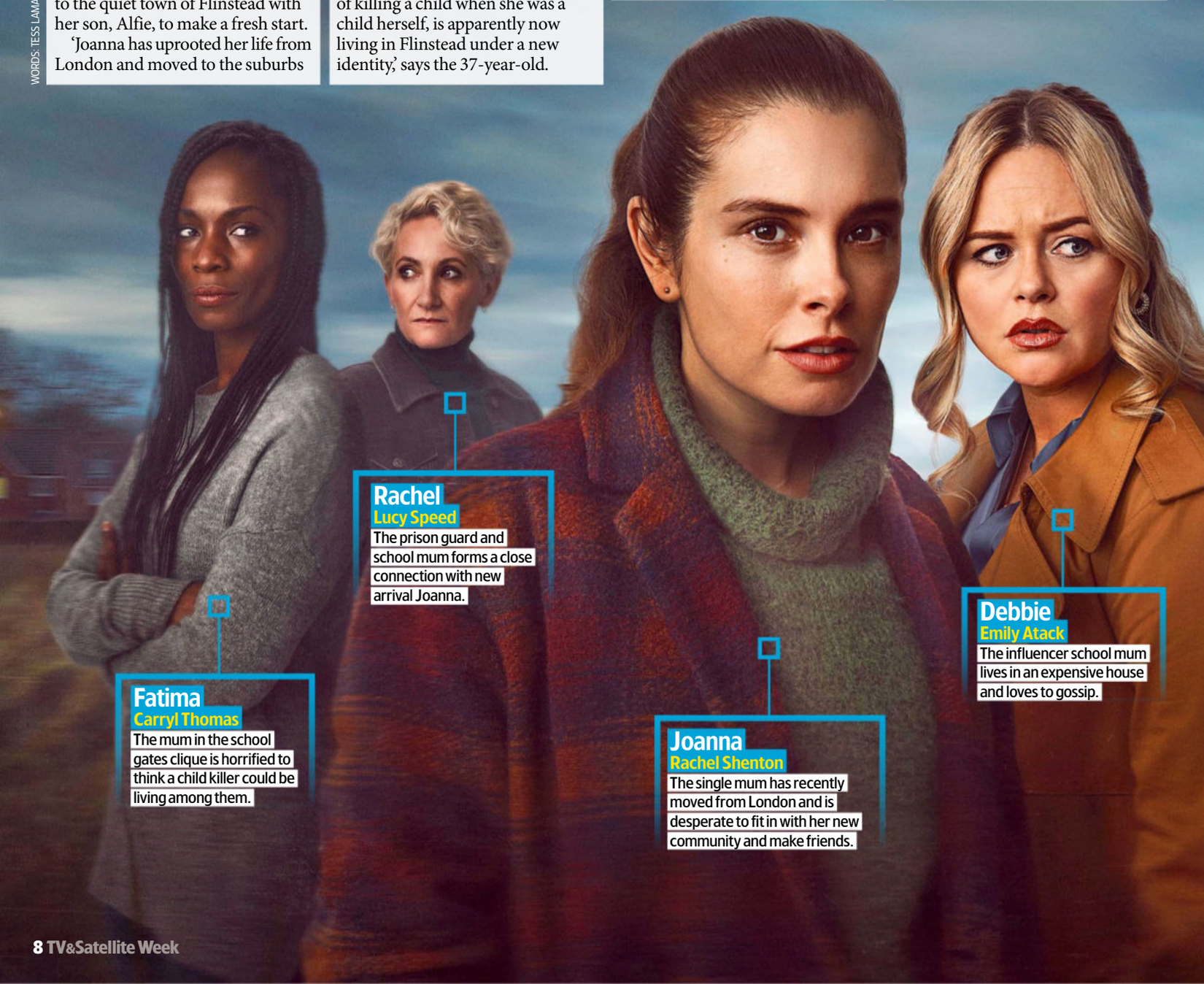
Later, at the school gates, Joanna shares the information with some other mums, including Debbie (Emily Atack) and Rachel (Lucy Speed). 'Joanna feels like an outsider so, for her, sharing this rumour is a way of connecting with these women,' explains Shenton.

STIRRING THINGS UP

As the drama unfolds, and the rumour spreads, Joanna becomes convinced that her neighbour, Sonia (Tamzin Griffin), is hiding something. Is she really the former Sally McGowan? But as events spiral, a mysterious death only increases the intrigue…

'You see Joanna become completely obsessed in pursuit of the truth. It's an itch she can't help scratching, but people get hurt and lose their lives in this story – because of hearsay,' says Shenton. 'It shows just how much damage gossip can do.'

WORDS: TESS LAMACRAFT; ALISON SLADE PHOTOS: 5; BBC; ITV


Rachel
Lucy Speed
The prison guard and school mum forms a close connection with new arrival Joanna.
Fatima
Carryl Thomas
The mum in the school gates clique is horrified to think a child killer could be living among them.
Joanna
Rachel Shenton
The single mum has recently moved from London and is desperate to fit in with her new community and make friends.
Debbie
Emily Atack
The influencer school mum lives in an expensive house and loves to gossip.

Joanna with her son, Alfie

Debbie (left) and Fatima

The series is the latest TV drama to be filmed on location in Budapest which doubles as the UK town of Flinstead.

'It was my first time in Hungary and I wish I'd had some more downtime to explore,' says Shenton, who was pregnant with her first child during filming. 'On the occasional day off, I would wander along the Danube, which was very beautiful.'

The former *Hollyoaks* star, who won an Oscar in 2018 for her short film, *The Silent Child*, is a big fan of psychological thrillers and relished bringing her character to the screen.

'You see these shows all the time on TV where a character will be brilliant at something – a detective or a doctor – but what I found intriguing about *The Rumour* is that there's none of that. Joanna is just trying to make her life work like everybody else. It's very relatable.'

Bea
Joanne Whalley
Joanna's mum has a close but sparky relationship with her daughter, who has moved to Flinstead to be near her.

Liz
Ellie Haddington
Bea's partner is happily settled in Flinstead, until her stability is rocked by Joanna's actions.

STORY OF THE WEEK

SOAP WEEK

This week's soaps at a glance

John grabs hold of Aaron

EMMERDALE

John jumps off a cliff... and takes Aaron with him

» **Having got hold** of the address for John and Aaron's remote cottage, concerned Robert rocks up and rightly accuses John of Nate's murder. But when the brothers' confrontation turns physical, Robert ends up unconscious.

Aaron, meanwhile – who now knows that his 'heroic' husband is a wrong 'un – makes his escape and frantically searches for a hatch in the woods, which he believes is connected to Mack's disappearance. But he's unable to locate it, and is then stopped in his tracks by a gorge. What's more, when he turns around, he's faced with his bloodied, unhinged husband.

Robert sees the pair fall

Fearful Aaron begs John to lead him to Mack, but as John's on the verge of calling the police to confess everything, Robert appears. John fumes to think he has been betrayed once again. Wanting the last laugh, he rings the cops and frames Robert, then puts his arms around Aaron and leaps into the gorge, taking Aaron with him. The two men lie motionless at the bottom – are they dead?

» **PLUS** Kammy wants justice for Vinny after learning the truth about his attack, Gabby's upset to discover neither Kim or Bernice will be attending her wedding, and Charity's in turmoil when Jacob books her in for an early scan.

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ALSO IN THE SOAPS THIS WEEK...

CORONATION STREET

» Lisa's life is turned upside-down (right), a resident is injured in a hit-and-run, David fears that daughter Lily is pregnant, and Carl has a confession for secret lover Abi as she returns from her family holiday.

EASTENDERS

» Callum has a shock reunion with dad Jonno (right), Nigel unearths a time capsule he buried with Grant, Julie's chickens are killed, Jack tries to pin last week's shooting on Ravi, and the Slaters process Zoe's shock return.

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TVSAT02/09/25q

A young Bryan Adams

Straight from the heart

Superstar **Bryan Adams** brings his classic rock sound to BBC2

Adams playing in Mexico last year

NEW MUSIC

Bryan Adams: Radio 2 in the Park

Saturday, 10pm, BBC2

Bryan Adams zips up his leather jacket to perform live on BBC2 on Saturday night when the rock superstar takes to the stage to headline at *Radio 2 in the Park*.

Forty-five years on from his first album, the Canadian has sold more than 100 million records worldwide, and he'll be entertaining the Chelmsford crowd with hits *Run to You*, *Summer of '69* and, of course, *(Everything I Do) I Do It for You*, which topped the UK singles charts for 16 consecutive weeks in 1991 – a record that's never been broken.

KEEPING UP THE TEMPO

'I think you're obliged as a performer to play [the hits], but I love it,' he says. 'When you play live people sing the song back to you and it becomes a new thing. It's not like singing the same song, because everyone is singing with you.'

Born in Ontario, the 65-year-old musician isn't slowing down. Saturday's gig is part of his latest world tour to promote new album *Roll with the Punches*.

'The only thing I miss when I'm on tour is that I don't get to walk my dog,' he smiles. 'My health routine is to eat really fresh food and I'm vegan. I have a routine for exercise every day. I do yoga and a bit of weights plus swimming and cycling.'

Adams is also an accomplished photographer, and was invited to take a picture of Queen Elizabeth II for her Golden Jubilee in 2002. However, his first love will always be writing and performing.

'I've never tried to reinvent myself. I just stick to what I know best: simple rock music that my band and I can play live,' he says. 'I don't try to appeal to anyone but myself. As long as the songs keep coming, I keep going.'

PARK LIFE

Other highlights from the big weekend...

RADIO 2 IN THE PARK: SATURDAY HIGHLIGHTS

Saturday, 9.10pm, BBC2

Ahead of Bryan Adams' live performance at 10pm, daytime highlights include Belinda Carlisle, Stereophonics, Ronan Keating, Jessie J, Marti Pellow, Ella Henderson and Kid Creole and the Coconuts.

RADIO 2 IN THE PARK: SUNDAY HIGHLIGHTS

Sunday, 10pm, BBC2

All the best highlights from Sunday daytime, including Sophie Ellis-Bextor, Olly Murs, Anastacia, Soul II Soul, Louise, Suede and David Gray.

DEF LEPPARD: RADIO 2 IN THE PARK

Sunday, 10.50pm, BBC2

Closing the weekend are rock-legend headliners Def Leppard, performing some of their biggest hits including *Animal*, *Pour Some Sugar on Me* and *Hysteria*.

Def Leppard in Norway in 2023

BEST OF RADIO 2 IN THE PARK

Friday, 10.20pm, BBC4

A round-up of highlights.

• There's also live coverage on BBC iPlayer throughout the weekend.

WORDS: RICHARD MCCLURE PHOTOS: GETTY

LOOK WHO'S BACK...

A familiar face appearing in a new role this week

LL Cool J

NEW

MTV Video Music Awards

Monday, 9pm, MTV Music

First finding fame as a rapper in the 1980s, New Yorker LL Cool J (born James Todd Smith) has also established a successful screen career, His TV credits include sitcom *In the House* and guest roles in *Oz*, *House* and *30 Rock*. He first played special agent Sam Hanna in spin-off *NCIS: Los Angeles* in 2009, and has since reprised the role throughout the franchise.

HIS NEW APPEARANCE

This week, the rapper and actor hosts the *MTV Video Music Awards*, held on Sunday in New York. The star-studded audience will be full of hopeful nominees including Lady Gaga, who has most nominations (12), followed by Bruno Mars and Kendrick Lamar, while British acts Ed Sheeran, Coldplay and Charli XCX are also up for gongs. Mariah Carey will receive a special award and sing on stage, with Doja Cat, Sabrina Carpenter and Ricky Martin also among the performers.

LL Cool J now

Maisie Adam takes on Greg and Alex in the latest series

Maisie's madcap mission

NEW ENTERTAINMENT

Taskmaster

Thursday, 9pm, C4

***Taskmaster* returns for** its 20th series this week, with comedians Maisie Adam, Reece Shearsmith, Sanjeev Bhaskar, Ania Magliano and Phil Ellis being put through their paces by big boss Greg Davies and his assistant, 'Little' Alex Horne.

As usual, the contestants will attempt to come up with ingenious and hilarious solutions to the mini-missions that have been set for them, while Davies evaluates their efforts and decides who has pleased him – and who has fallen disastrously short.

In an exclusive interview with *TV&Satellite Week*, Adam, 31, reveals how she got on…

Were you excited when you got the call to do *Taskmaster*?

Massively! It's still the show that, as a comedian, you really want to get to do. Fans love to speculate online about who will be in the next season, and for the last few years I've had people asking me, "When are you doing *Taskmaster*?" It wasn't as if I was turning it down, year after year. But when I did get that call, I was on cloud nine.

What was your approach to the tasks? Stressed and panicky. I tried to think about the tasks laterally, take a step back, and think before doing anything. But when I opened the envelope and Alex blew his stupid little whistle,

Anna Torv and Sam Reid

NEW DRAMA

The Newsreader

Thursday & Friday, 9pm (times vary), BBC2 (box set, BBC iPlayer)

Ratings RIVALS

Broadcasters **Helen and Dale** are pitted against each other

As Australian drama *The Newsreader* returns for its third and final season news presenters and ex-lovers Helen Norville and Dale Jennings are forced into a ratings war, which could prove ruinous for both their careers.

When we last saw 'the golden couple of news', Dale (Sam Reid) announced their split on a TV talk show, as Helen (Anna Torv) left to cover the 1988 US election.

It's now 1989, and in the opening

WORDS: NICK CANNON, RICHARD MCCLURE, STEVEN PERKINS, ELAINE REILLY. PHOTOS: 5, ADOBE STOCK.COM, BBC, C4, GETTY, ITV, INDIGO TELEVISION ITV

From left, Adam, Bhaskar, Horne, Davies, Ellis, Magliano and Shearsmith

I very quickly learnt that I am not good under pressure.

How did you pick your task outfit? My plan was to be like Sandy at the end of *Grease* – she changes everything about herself to come out on top, and that's what I was trying to channel. However, I went for the lowest-budget Sandy costume, so I was slipping all over the place in the shoes, and the leggings were incredibly baggy in all the wrong places. When I was in a rush around the house, I kept getting caught on the doors!

Maisie Adam

Did you and your fellow contestants develop a bond on the show? Yeah, there's a WhatsApp group that's still pinging to this day. There was a theme throughout the series: our group mentality was like a rowdy class refusing to be taught by the supply teacher. It became more about trying to break them than actually trying to achieve what was in the curriculum...

episode Dale is riding high at *News at Six*, while Helen is preparing to launch a current affairs programme, *Public Eye*, on a rival channel.

The former dynamic duo are determined to stay friends, until Helen is blindsided by the announcement that her new series will clash with Jennings' six o'clock broadcasts.

GAME PLAN

'Helen has just come back from overseas and she's been offered her own show,' says *Fringe* star Tory, who plays the fearless female journalist. 'She and Dale find themselves in direct competition and the cracks start to form. Helen's definitely competitive.'

As in Seasons 1 and 2 (available on BBC iPlayer), the concluding six-parter covers real life events – from the Tiananmen Square massacre to the fall of the Berlin Wall. Returning characters include cut-throat news boss Lindsay Cunningham (William McInnes), cameraman Tim Ahern (Chai Hansen), newly married producer Noelene Kim (Michelle Lim Davidson) and her sports anchor husband Rob Rickards (Stephen Peacocke), who are expecting their first child.

In the ruthless race for commercial success, things get ugly behind the scenes and both reporters are at risk of becoming casualties in their employers' cynical war for viewers.

'It's an interesting period of time, but the show is actually about oddballs,' says *Interview with the Vampire* star Reid. 'It wouldn't be Dale Jennings without a lot of torment. At the start, he's at the pinnacle of his career but then you see it taking its toll...'

WHAT ELSE CAN I WATCH?

We search the TV schedules to uncover the shows you might have missed...

The National Television Awards

Wednesday, 8pm, ITV1

Some of our favourite shows and stars are among the nominations at London's O2 Arena as Joel Dommett (pictured) hosts the annual awards show voted for by viewers. *Ludwig*, *Rivals*, *Slow Horses* and *The Traitors* are all in contention, while Netflix hit *Adolescence* is up for three awards, including Drama Performance nods for Stephen Graham and breakthrough star Owen Cooper.

NFL Big Game Night

Sunday, 5.30pm, 5

To celebrate the NFL coming to 5 on Sundays (see Sport Week, page 29), Dermot O'Leary (right) hosts a new American football-themed game show, joined by *Strictly* star Sam Quek and former NFL pro player Osi Umenyiora. During breaks in play, two teams will go up against each other in general knowledge questions and offbeat tasks. 'It's a bit of fun for people that love the NFL,' says O'Leary.

The Planets and Star Wars at the Proms

Saturday, 7.30pm, BBC2

Sci-fi fans should enjoy this concert at London's Royal Albert Hall when Dalia Stasevska (right) conducts the National Youth Orchestra as they play music from John Williams' Star Wars soundtracks, including the title tune from the original movie. That's followed by the ever-popular *The Planets* suite by Gustav Holst.

Win Win

Saturday, 7.15pm, ITV1

This new interactive game show sees presenters Sue Perkins and Mel Giedroyc (both right) join forces again to give viewers at home the same chance to win as contestants in the studio. There are dream holidays, expensive cars, once-in-a-lifetime experiences and a guaranteed £1 million up for grabs, with home and studio contestants battling against each other to answer survey-based questions.

YOUR WATCHLIST

NETFLIX

prime

BBC iPLAYER

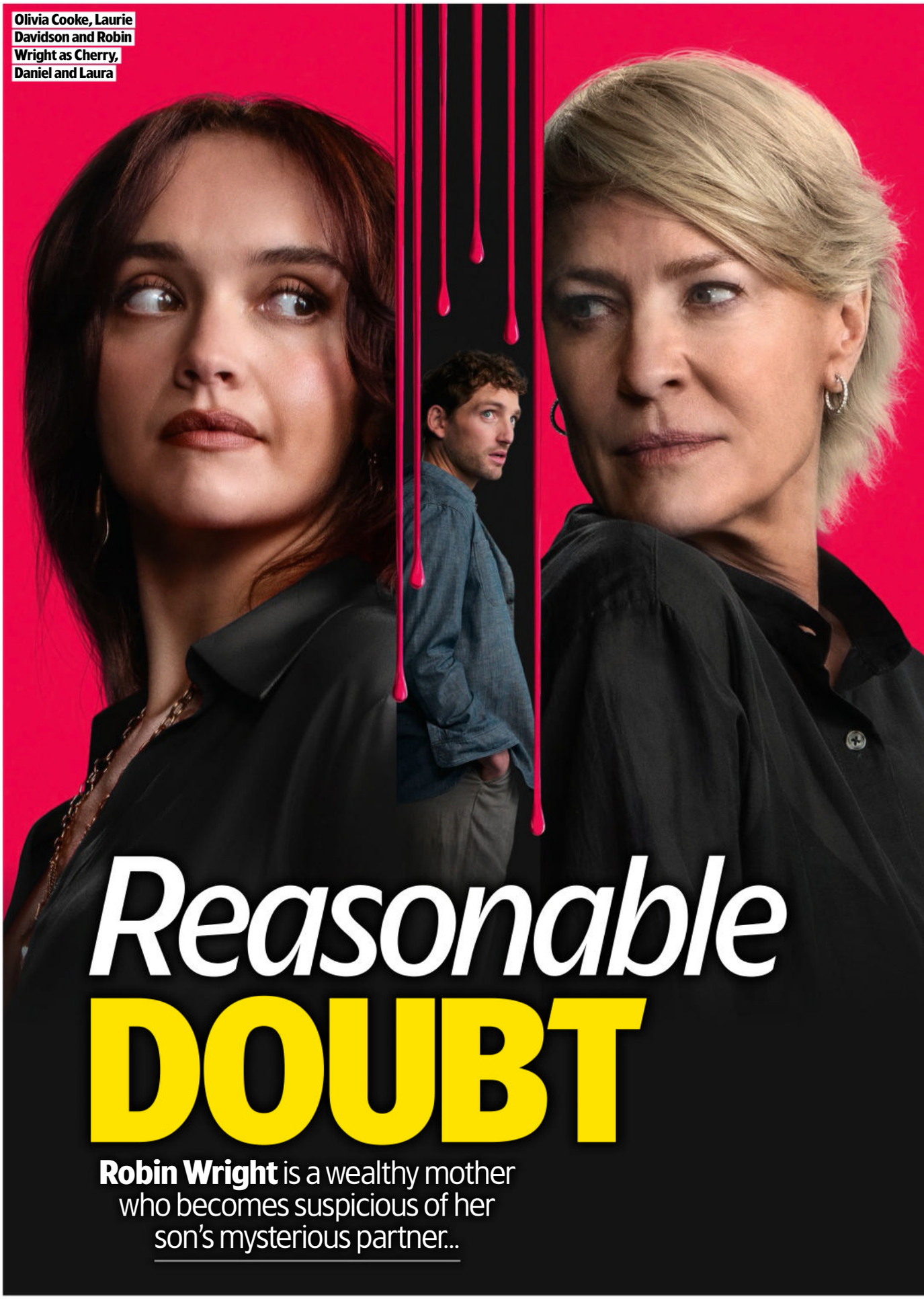
Disney+

4

sky box sets

NOW

tv+



Olivia Cooke, Laurie Davidson and Robin Wright as Cherry, Daniel and Laura

Reasonable DOUBT

Robin Wright is a wealthy mother who becomes suspicious of her son's mysterious partner...

The best of **Netflix, Prime Video, Disney+** and more...

The Girlfriend

NEW *Available: Wednesday 10 Sept Genre: Thriller Season: 1 Episodes: 6*

Howard (Waleed Zuaiter) and Laura

A mother's close bond with her son looks set to be blown apart when she meets his enigmatic new flame in Prime Video's psychological thriller *The Girlfriend*.

The six-parter features Robin Wright – best known for starring in the 1994 movie *Forrest Gump* – as wealthy London-based gallery owner Laura, whose life is thrown into turmoil when her doctor son Daniel (*The Road Trip*'s Laurie Davidson) starts to date Cherry (*House of the Dragon*'s Olivia Cooke).

'Cherry's a working-class woman from London who has a lot of ambition, which is reflected in who she dates,' explains Cooke. 'She soon arouses suspicion in Laura because when Cherry goes on the defensive, she tells little white lies – or even big ones – about who she is and where she's from.'

SUSPENSEFUL

After an awkward first meeting, Laura becomes convinced Cherry isn't who she says she is – and vows to prove it. Meanwhile, Daniel is caught in the middle of the escalating tension.

'Daniel loves both his mother and his girlfriend,' says Wright. 'But he's locked in this hold that his mother has over him, and Cherry is, slowly but surely, trying to pull him out.'

While no one else shares her suspicions, including husband Howard (*Gangs of London*'s Waleed Zuaiter), Laura refuses to stand by and watch Daniel be deceived, and will stop at nothing to protect her son.

'There's that ongoing battle as a mother that nobody's ever going to be good enough for your son,' adds Wright, who also directs the series. 'But is Cherry a manipulative social climber? Or is Laura a paranoid, possessive mum?'

Indeed, there are always two sides to every story, and viewers get the chance to explore both, as each episode is shot from the dual perspectives of Laura and Cherry.

'Whose perspective is the most reliable? Often there are subtle nuances and, as both sides play out, the audience gets to decide who's in the wrong,' poses Wright. 'Viewers will switch from Cherry's team to Laura's team, then back again. It's more of a cat-and-cat thriller than a cat-and-mouse thriller!'

A MOTHER'S LOVE

Wright has two children, who are now in their 30s, from her former marriage to fellow actor Sean Penn. But she hopes she's nothing like Laura.

'When my own son is dating, I'm often like: "What's her name? What dress size is she?" So I've asked him to watch the show and let me know if I am too much like Laura. Am I that annoying? Because maybe I need to back off!'

What we're watching...

The shows being enjoyed by the *TVSW* team

Butterfly

Genre: Action thriller
Season: 1 Episodes: 6

Hawaii Five-0's Daniel Dae Kim (left) stars in an action-packed espionage thriller that starts with a bang and keeps the pace up as it twists and turns. He plays former US intelligence agent David Jung, whose past catches up with him when he is targeted by a young female assassin, who just happens to be the daughter, Rebecca (Reina Hardesty), he left behind when he faked his own death years before. The Seoul backdrop, father-and-daughter dynamic and emotional stakes make for an enjoyable watch.

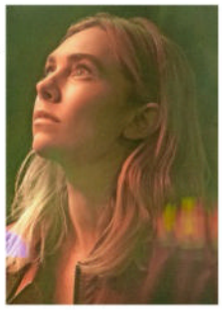
Limitless: Live Better Now

Genre: Documentary
Season: 2 Episodes: 3

Chris Hemsworth (right) takes on more epic challenges to unlock the secrets to living a longer, healthier and better life. They include playing drums live on stage with Ed Sheeran.

Night Always Comes

Genre: Thriller
Episodes: One-off



The Crown's Vanessa Kirby (right) gives a raw performance as a woman with a troubled past who steps back into a brutal criminal world to get the money she needs to save her family from eviction.

Now in production...

Three upcoming shows to look out for soon

The Dink

Jake Johnson (above) will headline Apple TV+'s comedy about a fading tennis pro who takes up pickleball to save an under-threat club and win over his father. Ben Stiller, who is producing the film, co-stars along with Mary Steenburgen and Ed Harris.

Dept. Q

A second run of the Netflix crime drama, based on Jussi Adler-Olsen's novels, will see Matthew Goode (above) reprise his role as Edinburgh-based cop DCI Carl Morck, as he tackles another investigation with his offbeat squad, who look into seemingly unsolvable cases.

Rivals

In the return of Disney+'s adaptation of Dame Jilly Cooper's 80s-set saga, Hayley Atwell (above) will play Helen, the former wife of Rupert Campbell-Black (Alex Hassell), alongside Rupert Everett as her new husband, Malise, who's her ex's one-time showjumping coach.

WORDS: CAREN CLARK; JUDY EWENS, VICTORIA WILSON. PHOTOS: GETTY, NETFLIX, PRIME VIDEO. ©2025 DISNEY AND ITS RELATED ENTITIES

Hitmen from Hell

A team of **demon assassins** making a killing in zany animation *Helluva Boss*

Helluva Boss

NEW *Available: Wednesday 10 September*
Genre: Adult comedy animation
Seasons: 1 & 2 Episodes: 20

After beginning life on YouTube, where it amassed 100 million views online, the first two seasons of animated adult comedy *Helluva Boss* land on Prime Video this week.

Created by Vivienne Medrano (AKA VivziePop), the dark comedy is packed with anarchic exploits and risqué humour as it follows the employees of I.M.P. (Immediate Murder Professionals), a demon-run assassination business located in Hell.

The members of I.M.P. include head honcho Blitzo (voiced by comedian Brandon Rogers), weapons specialist Moxxie and his wife Millie, and receptionist Loona. With the help of an ancient book, they are able to access the living world to carry out hits on behalf of souls in Hell.

'The plot is that Blitzo goes to Earth and kills people, so we get this glimpse of humanity from the demons' viewpoint,' reveals Medrano, who also created animated hit *Hazbin Hotel*. 'From Blitzo's perspective, humanity is kind of dumb. They all show up in Hell eventually, so it doesn't really matter if you kill them. It's not really a bad thing.'

In the first short-format episode, a newly dead teacher hires I.M.P. to take revenge on a woman who was having an affair with her husband. But when Moxxie is sent into the human world to carry out the contract, not everything goes to plan.

'I really love villains, and I really love creatures and monsters – that's just things I like to draw,' explains Medrano, 32, who counts director Tim Burton and *Looney Tunes* cartoons among her influences. 'For me, the biggest genuine joy [about the deal with Prime Video] is that it hopefully opens the door for other really cool indie projects,' she adds. 'I hope we'll see studios supporting more indie projects and that it breaks down some of these walls.'

Series creator Vivienne Medrano

Cut adrift

A remote island is plagued by a **mysterious force**

Isolated

NEW *Available: Friday 12 September*
Genre: Drama Season: 1 Episodes: 8

The community of a remote Finnish island is thrown into lawlessness and chaos when it's engulfed by a seemingly inexplicable force in Scandi drama *Isolated*.

Filmed and set on the island of Utö, the eight-part drama sees residents suddenly subjected to powerful electromagnetic pulses that cut them off from the outside world.

As the story begins, a ferry is about to leave for the mainland. However, as the vessel disappears over the horizon, the islanders are startled by the sound of strange booming noises. Minutes later, all of Utö's electricity and water supplies fail, along with radios and telephones.

Fears grow when the only sail boat on the island is sent to find help and also disappears. As resources dwindle and all attempts to leave the island are thwarted, the inhabitants descend into survival mode, turning on each other as panic takes hold.

Unbeknownst to them, the Finnish Navy has surrounded Utö in its own efforts to find out what is going on. With no answers in sight, the military faces a grim decision and decides it may need to destroy the island to contain whatever force is at play.

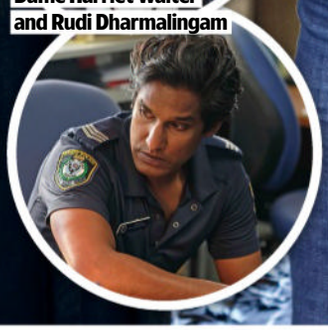
'The Navy is looking for submarines or evidence that a superpower is doing an operation or some weird things in the area,' says producer Oskari Huttu. 'But people on the island start to believe in a supernatural explanation – they think it's rooted in local mythology.'

WORDS: CAREN CLARK; TESS LAMACRAFT, RICHARD MCCLURE, VICTORIA WILSON.
PHOTOS: BBC, C4, GETTY, PARAMOUNT+, PRIME VIDEO, SKY

Beyond the grave

Is an Australian town possessed by **evil spirits**?

Dame Harriet Walter and Rudi Dharmalingam



Morgana O'Reilly plays Joni

Paramount+ Playing Gracie Darling

NEW *Available: Thursday 11 September Genre: Mystery drama Season: 1 Episodes: 6*

A child psychologist is forced to confront a horrific incident from her teenage past in a chilling new drama set in Australia.

The White Lotus star Morgana O'Reilly plays Joni, who was 14 when her best friend Gracie Darling vanished following a séance in the 1990s. Twenty-seven years on, Gracie has never been seen since – but over the years, local teens have turned her disappearance into a copycat game named after her.

The adult Joni is now working as a child psychologist, but she's drawn back to her hometown when she's contacted by the town's police officer, Jay (Rudi Dharmalingam), who was also present as a teenager at the séance when Gracie disappeared.

Jay has shocking news – another young girl has vanished in similar circumstances after playing the spooky game based on the ill-fated séance from decades ago. Is the town possessed by evil spirits or is there a more rational explanation?

'Joni goes home to investigate, but she has to confront a lot of demons,' reveals O'Reilly. 'She has to face a lot of ghosts, figuratively and literally. Joni is a real contradiction. She's hard and soft. She can be devious, but she's got a strong moral compass.'

GHOSTLY GOINGS-ON

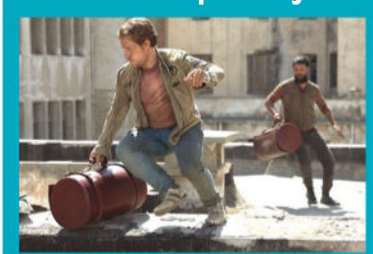
The supporting cast includes *Succession*'s Dame Harriet Walter as Joni's mum, Pattie, and Celia Pacquola as Ruth, whose daughter Frankie is the latest girl to disappear.

The part proved a perfect fit for O'Reilly, who admits she's a believer in the paranormal and occult.

'I love a ghost story, so this series was right up my alley,' she says. 'I bought my first deck of tarot cards when I was about 14 and I also believe in ghosts and astrology. Why not? There is a connection between all of that and storytelling and being an artist and being creative. So I love that stuff – and I unashamedly say so.'

EVERYONE'S TALKING ABOUT...

We point you towards the TV moments you won't want to miss on catch-up



Sky box sets Virgin NOW Atomic

In Sky Atlantic and Sky Showcase's thriller, criminal Max (Alfie Allen) is held up by militants in the North African desert, but when one of the group, JJ (Shazad Latif), turns on his comrades, he joins Max and the pair unwittingly transport uranium.

BBC iPLAYER King & Conqueror

BBC1's drama exploring the lead-up to the Battle of Hastings details the first meeting between Harold of Wessex (James Norton) and William, Duke of Normandy (Nikolaj Coster-Waldau), where Harold fights to save his future rival from bandits.

4 The Jury: Murder Trial

C4's courtroom series returns with a dramatic restaging of a real-life trial involving a young mother accused of killing her boyfriend. Twelve members of the public are tasked with reaching a verdict.

4 Bettany Hughes' Lost Worlds: The Nabataeans

The historian looks into the little-known lives of an ancient desert tribe on C4. In the opener, she uncovers more about one of their great cities in Hegra, Saudi Arabia.

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Pick of the new releases

The best new shows to enjoy this week on streaming services...

Confidence Queen
Saturday 6 September

South Korean comedy caper. Three con artists team up to expose and take down corrupt individuals through elaborate schemes that relieve their targets of their ill-gotten gains.

Lioness
Sunday 7 September

The first season of the spy action drama from *Yellowstone* creator Taylor Sheridan centring on undercover CIA female operatives in the war on terror. Zoe Saldaña, Nicole Kidman and Morgan Freeman star. Previously shown on Paramount+.

Catching the Tinder Predator
Sunday 7 September

True-crime documentary. In 2024, a Scottish court jailed Christopher Harkins for rape and other offences after he preyed on women online. For six years, he met women on dating apps and, once he had formed relationships with them, used threats, coercive control and violence to obtain money from them.

The Speedway Murders
Monday 8 September

True-crime documentary about the 1978 unsolved murders of four young employees who had been working the night shift at the Burger Chef restaurant in Speedway, Indiana. When police were called and found both the restaurant and the tills empty, they assumed the employees had taken the money. Their bodies were soon discovered in the woods 32km away. Previously shown on Prime Video.

Only Murders in the Building
Tuesday 9 September

Steve Martin, Selena Gomez and Martin Short return in the fifth season of the comedy mystery. This time, the trio of amateur sleuths investigate the death of their beloved doorman Lester. Renée Zellweger, Christoph Waltz, Téa Leoni and Meryl Streep are among the guest stars. See feature, page 4.

The Dead Girls
Wednesday 10 September

Mexican drama. Inspired by real-life events in 1950s/60s Mexico, it tells the story of sisters Arcángela and Serafina Baladro, who built a brothel empire and then became merciless killers when the business started to falter. Arcelia Ramírez and Paulina Gaitan star.

Helluva Boss
Wednesday 10 September

Seasons 1 and 2 of the adult animated black comedy about a small, chaotic assassination business, the I.M.P. (Immediate Murder Professionals), in Hell. Eccentric imp Blitzo and his crew carry out contracts to kill those in the human world. Previously shown on YouTube. See feature, page 16.

The Girlfriend
Wednesday 10 September

Psychological thriller. Laura (*House of Cards*' Robin Wright) has a glittering career, a loving husband, Howard (Waleed Zuaiter), and a son, Daniel (Laurie Davidson), whom she dotes on. But when Daniel brings home a new girlfriend, Cherry (Olivia Cooke), Laura becomes convinced she isn't who she claims to be. See feature, page 14.

The Wrong Paris
Friday 12 September

Romantic comedy. Dawn (Miranda Cosgrove) thinks she's joining a dating show in Paris, France, only to discover it's in Paris, Texas. But she soon falls for the show's charming bachelor, Trey (Pierson Fodé).

In the Name of Love
Monday 8 September

Norwegian comedy drama. Back in the 1970s, a couple made their living in the porn industry. Decades later, they have split up and their two sons are adults, but at the baptism of their granddaughter, their secret past is revealed.

AKA Charlie Sheen
Wednesday 10 September

Documentary about the turbulent life of Charlie Sheen in which the *Platoon*, *Wall Street* and *Two and a Half Men* star speaks candidly about the pitfalls of fame, his struggles with alcohol and drugs – he has been sober for seven years – and hurting those he loved.

Playing Gracie Darling
Thursday 11 September

Australian mystery thriller. When Joni was 14, her best friend Gracie Darling vanished during a seance, and 27 years later, local teens still get their kicks playing a spooky game named after the missing girl. But then another young girl disappears under eerily similar circumstances. Starring Morgana O'Reilly. See feature, page 17.

Beauty in Black
Thursday 11 September

In the second season of Tyler Perry's drama, the ruthless family behind a beauty brand – and an underground trafficking ring – face a reckoning. Kimmie (Taylor Polidore Williams), the once-unassuming sex worker in their employ, is now the one calling the shots after inheriting sole ownership of the business.

Larry the Cable Guy: It's a Gift
Friday 12 September

Stand-up special from the American comedian known for his rapid-fire punchlines, outrageous humour, and Everyman perspective.

Isolated
Friday 12 September

Finnish drama. An island community is suddenly cut off from the outside world. As food and water start running low, panic breaks out among the islanders. See feature, page 16.

Dangerous Animals
Friday 12 September

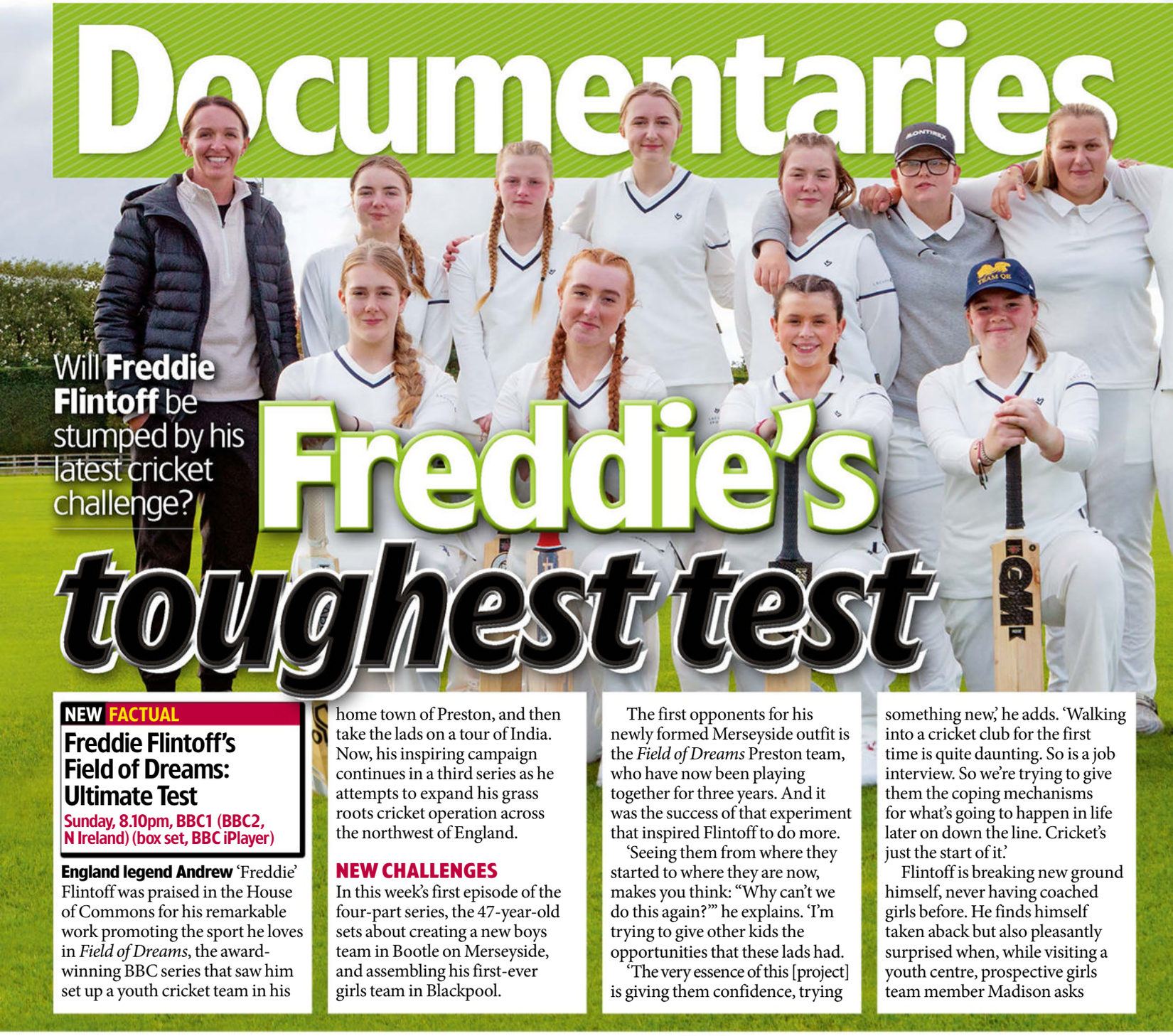
Survival horror. Held captive on a boat by a shark-obsessed serial killer (Jai Courtney), surfer Zephyr (Hassie Harrison) must figure out how to escape. See review, page 23.

The Breslau Murders
Friday 12 September

Polish crime drama set in 1936. As the Olympic Games in Adolf Hitler's Berlin are approaching, a brutal murder takes place in Breslau, the German name for Polish city of Wroclaw, which may disrupt the sporting event and ruin the Nazis propaganda campaign.

WORDS: JUDY EWENS. PHOTOS: NETFLIX, VIAPLAY

Documentaries



Will **Freddie Flintoff** be stumped by his latest cricket challenge?

Freddie's toughest test

NEW FACTUAL

Freddie Flintoff's Field of Dreams: Ultimate Test

Sunday, 8.10pm, BBC1 (BBC2, N Ireland) (box set, BBC iPlayer)

England legend Andrew 'Freddie' Flintoff was praised in the House of Commons for his remarkable work promoting the sport he loves in *Field of Dreams*, the award-winning BBC series that saw him set up a youth cricket team in his home town of Preston, and then take the lads on a tour of India. Now, his inspiring campaign continues in a third series as he attempts to expand his grass roots cricket operation across the northwest of England.

NEW CHALLENGES

In this week's first episode of the four-part series, the 47-year-old sets about creating a new boys team in Bootle on Merseyside, and assembling his first-ever girls team in Blackpool.

The first opponents for his newly formed Merseyside outfit is the *Field of Dreams* Preston team, who have now been playing together for three years. And it was the success of that experiment that inspired Flintoff to do more.

'Seeing them from where they started to where they are now, makes you think: "Why can't we do this again?"' he explains. 'I'm trying to give other kids the opportunities that these lads had.

'The very essence of this [project] is giving them confidence, trying something new,' he adds. 'Walking into a cricket club for the first time is quite daunting. So is a job interview. So we're trying to give them the coping mechanisms for what's going to happen in life later on down the line. Cricket's just the start of it.'

Flintoff is breaking new ground himself, never having coached girls before. He finds himself taken aback but also pleasantly surprised when, while visiting a youth centre, prospective girls team member Madison asks

I Fought the Law: The Ann Ming Story

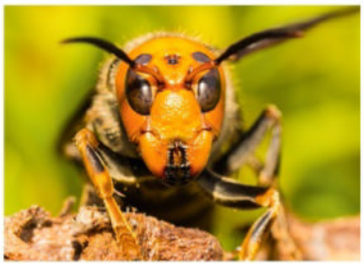
Thursday, 9pm, ITV1

Ann Ming's fight to put her daughter Julie's killer behind bars is playing out in ITV1 drama *I Fought the Law*. This documentary tells the story of the flawed police investigation into Julie's disappearance, the acquittal of Billy Dunlop, and Ann's campaign to overturn the 'double jeopardy' law that prevented a retrial.

Laura Whitmore on Britain's Killer Teens

Monday, 9pm, Crime + Investigation

A new series in which Laura Whitmore (pictured) investigates cases involving young people who have committed murder. She starts with the story of 16-year-old Logan MacPhail who fatally stabbed 15-year-old Holly Newton when she ended his controlling relationship with her, in her hometown of Hexham, Northumberland in January 2023.



Asia's Killer Hornets

Sunday, 8pm, National Geographic WILD

Dubbed 'murder hornets', the world's largest hornet can spit venom and grow to two inches long. Cameras reveal how these ruthless, efficient killing machines can wipe out a honeybee hive in just 90 minutes, and how the insects' sting poses a deadly threat to humans – with the hornets killing at least 42 people in China in 2013.

WORDS: NATASHA HOLT, IAN MACEWAN
PHOTOS: 5, BBC, CRIME+INVESTIGATION, GETTY, NATIONAL GEOGRAPHIC, SKY

Coaches Kate Cross, Freddie Flintoff and Kyle Hogg with their first-ever girls team

Flintoff in Bootle

him about the 2022 *Top Gear* car crash that left him with serious facial injuries.

DIFFERENT APPROACH

'I've suffered with things like depression in the past before, but this time was different,' he reveals. 'I didn't know if I had it in me to carry on. So it was nice to meet some teenagers who wanted to ask questions, as that's not happened with the boys!'

Meanwhile, the Bootle boys he recruits prove to be so challenging in terms of their behaviour that Freddie and his team are not sure they can continue – despite understanding the huge difficulties these youngsters, many of whom come from a Pupil Referral Unit, face in their daily lives.

'It's about engaging teens who aren't going to school and showing them there are things they can do other than riding around on their bikes and smoking,' says Flintoff. 'I want everyone to have a chance.'

Death of a Showjumper

Sunday, 9pm, Sky Documentaries (box set, Sky Box Sets/NOW)

This three-parter looks back at the 2020 death of jockey Katie Simpson, who was thought to have taken her own life before the police investigation uncovered a story of violence and coercive control – with her sister's partner Jonathan Creswell coming under suspicion. Contributors include Katie's friends and family.

Global Eye

Monday, 7pm, BBC2

This new weekly programme features investigations from the BBC's global team of journalists. This week, senior correspondent Nawal Al-Maghafi (pictured) reports on the escalating crisis in Sudan, while there's also footage of life in Kharkiv, Ukraine's second biggest city, as residents give accounts of the Russian invasion.

Singer Freddie Mercury

Did Queen frontman **Freddie Mercury** have a secret child?

Somebody to LOVE

NEW FACTUAL

Freddie Mercury: A Secret Daughter?

Saturday, 9.10pm, 5

In December 2021, journalist and Freddie Mercury biographer Lesley-Ann Jones received an anonymous email that changed her life.

The sender had included incredibly detailed, and previously unknown, facts about the flamboyant Queen singer that she hoped Jones could add to her latest book about him. These, she claimed, came directly from 17 private journals Freddie had left to her.

'There was an authenticity to the voice and from the level of information, all of which I was able to cross-check. It was clear it had to be someone close to Freddie,' recalls Jones. 'After a long period of time, I concluded it had to be Freddie's own child. I put this to her and she replied, "You guessed, I didn't tell you."'

Jones spent almost four years researching the sender's claims and, in May this year, broke the story that Mercury had had an affair with his friend's wife that resulted in his daughter's birth in February 1977.

The woman, who's still known only as B, claims she had a close and loving relationship with Mercury right up until his death in November 1991, but to protect her and her family, he kept her existence a secret from all but a handful of people.

The sensational revelation went viral, but many of Mercury's friends have disputed the claims. Several also deny the gay icon was bisexual.

REVEALING READ

This documentary, and Jones' latest book, *Love, Freddie: Freddie Mercury's Secret Life and Love*, cast the adored singer in an entirely new light, showing him as a doting father and revealing shocking details of his troubled childhood, which allegedly appear in the journals.

'I think Freddie would approve,' says Jones. 'B doesn't want money, fame or recognition. She's choosing to stay anonymous. She just wants to give Freddie back his truth. Reading the notebooks was extraordinary. It's astonishing to think that by his own pen, Freddie brought himself back to life as he truly was.

'To me it makes Freddie more appealing, more lovable, because it gives us a dimension of him we weren't aware of. Freddie Mercury as a dad, how amazing is that?'

Lesley-Ann Jones

Films Our pick of this

NOSFERATU

Lily-Rose Depp is a vampire's object of desire in this gorgeous re-imagining of the 1922 classic

MOVIE OF THE WEEK

CHILLER

Friday, 11am & 8pm, Sky Premiere ★★★★

Bram Stoker's immortal tale of the vampire count gets another cinematic retelling, but with American director Robert Eggers following silent maestro FW Murnau's copyright-dodging 1922 classic, prepare for a chilling encounter with Count Orlok rather than Count Dracula.

Monstrously and magnificently played by Bill Skarsgård beneath layers of prosthetics, Orlok lures naive young solicitor Thomas (Nicholas Hoult) from 1838 small-town Germany to the wilds of Transylvania and shares a creepy psychic bond with Lily-Rose Depp's Ellen, the solicitor's new bride.

The ornate, cod-Victorian dialogue and some dodgy acting (Aaron Taylor-Johnson's melodramatic performance as the couple's wealthy friend seems to belong to another movie altogether) means that there are almost as many camp moments as scary ones, but it's mesmeric, disquieting charm does captivate. And Eggers' ripely Gothic film is visually stunning – there are countless scenes here as eerily beautiful as anything you are likely to see on screen. 2024, 15, 132MIN

STAR RATINGS ★★★★★ **Excellent** ★★★★ **Very good** ★★★ **Good** ★★ **Average** ★ **Poor**

WORDS: JASON BEST, LIZ MILROY, NIGEL PIZEY

More premieres and Day by Day planner›››

week's Best Movies

You got the look: Keke and SZA

COMEDY

One of Them Days

Sunday, 10.30am & 8pm, Sky Premiere ★★★

Roommates and besties Dreux (Keke Palmer) and Alyssa (singer SZA) find their friendship, their apartment and even their lives on the line after their rent money gets squandered by Alyssa's sketchy boyfriend Keshawn (Joshua David Neal). With nine hours to go before their grasping landlord evicts them, they race back and forth across South LA in a desperate bid to raise the missing cash – only to encounter an escalating series of disasters. This breezy buddy comedy stumbles once or twice when it hits the odd narrative speed bump, and occasionally veers off course when it steps too hard on the slapstick pedal, but for the most part the action barrels along entertainingly thanks to the charisma and chemistry of its stars. 2025, 15, 97MIN

SPORTS DRAMA

F1: The Movie

Available now to buy or rent from digital stores, including Prime Video and Sky Store ★★★★

When Brad Pitt's ageing racing driver is thrown together with Damson Idris' cocky F1 driver to try to save Javier Bardem's failing racing team, the sparks fly. Pitt's old-style ideas do not sit well with the hotshot youngster, and things deteriorate further when Pitt proves that he still has what it takes behind the wheel despite having retired from Formula 1 many years earlier after a serious accident. While leaving his teammate unimpressed, Pitt has more success with Kerry Condon's chief engineer – but does their car really have what it takes to compete? The cliches pile up as we speed through the season (the film was shot during real F1 races), but Pitt's effortless charm carries the film and, in the end, it's the absurdly exciting race footage that is really all that matters. And it's brilliant. 2025, 12, 155MIN

Drive hard: Brad

COMEDY DRAMA

The Ballad of Wallis Island

Available now to buy or rent from digital stores ★★★★

When down-on-his-luck folk musician Herb McGwyer (Tom Basden) arrives on a tiny island for a lucrative gig, little does he realise it's a concert for one. That would be Charles (Tim Key), an awkward but eternally optimistic man who, again unknown to Herb, has also invited McGwyer's ex-partner, Nell Mortimer (Carey Mulligan), for a musical reunion, after the pair split over a decade ago. A genuinely sweet –and very amusing – tale of lost love, grief and the power of music, it is quietly terrific. 2025, 12, 99MIN

Music lovers: Tom, Tim and Carey

Fin-tastic: Hassie

HORROR THRILLER

Dangerous Animals

From Friday, MGM+ ★★★

Outlandish and wildly off-kilter, this Australian suspense thriller serves up a bloody feast. Jai Courtney is in his element as a sneering fisherman who doubles up as a creepy serial killer – one who's obsessed with feeding his prey to the local sharks. Enter one free-spirited American surfer, Hassie Harrison, who becomes his latest potential victim. But she's not going to go without a fight... A crisp, whipsmart script, more than credible acting and a few moments of nail-biting tension make this a seriously fun. And it makes a change for a movie to not make sharks the worst things at sea... 2025, 15, 98MIN

Films

Hold on tight: Karl and Samara

CRIME CAPER

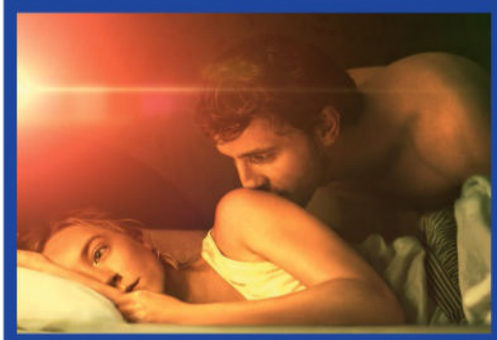
Eenie Meanie

Available now, Disney+ ★★★★

With yet another performance proving she's the most underrated actor around, Samara Weaving is Edie, an ace getaway driver who's forced back behind the wheel to save her dumbass ex-boyfriend. She's determined to leave her home town of Cleveland, but her junkie former beau, John (a wonderfully irritating Karl Glusman), has found himself on the wrong side of local kingpin, Nico (Andy Garcia). For John to live, Edie must snatch a car full of prize money from a casino floor, a venue crawling with security...

This smart, punchy action thriller has comedy laced throughout, although a poignant finale hints at deeper issues and regrets. On the surface this has similarities with Edgar Wright's *Baby Driver*, but bar the slick getaways, *Eenie Meanie* is more about being stuck in a place that seems to have no viable exits. For all of the japes and capers, there is something quietly profound underneath. And it's a tight script (by Shawn Simmons, who directs for the first time) and Weaving's measured acting that give the movie its mass and volume. Above all else, though, it's a damned entertaining movie with some cracking chase scenes. 2025, 15, 107MIN

Hidden gems Great movies you might have missed...



SCI-FI DRAMA

Foe

Prime Video ★★★★

Government operative Aaron Pierre arrives at the home of Saoirse Ronan and Paul Mescal. It's 2065 and Mescal has been conscripted to try out for off-world habitation. This future world is also marked by 'human substitutes' and Pierre suggests Mescal's absence will be eased by the arrival of an exact AI copy... In this slowburn sci-fi, Ronan and Mescal make for a convincing couple, but it's Pierre's strange interloper who steals it. 2023, 15, 110MIN

MYSTERY COMEDY

They Cloned Tyrone

Netflix ★★★★

Although mashing up *Groundhog Day*, *Get Out*, *Sorry to Bother You*, *Westworld*, blaxploitation films and more, *They Cloned Tyrone* is a conspiracy caper unlike any other, spruced up with zippy patter and a razor-sharp cast. John Boyega's a dealer who suspects something's up when he's shot dead but returns to life. Abetted by Jamie Foxx and Teyonah Parris, his journey is laced with snappy stylings, a killer soundtrack and a batch of witty twists. 2023, 15, 122MIN

HORROR

The Substance

Mubi ★★★★

Incredible prosthetics and a fierce performance from Demi Moore are the standouts in this feminist body horror. Moore plays a TV fitness guru about to be ousted when she gets the chance to become a 'younger, better version' of herself. Injecting herself with a mysterious liquid, she collapses, her back splits open and out comes another persona (Margaret Qualley)... Precision-tooled, this is a smart, savage look at ageing, beauty and the male gaze. 2024, 18, 141MIN

Saturday 6 September

COMEDY DRAMA

Once Upon a Time in... Hollywood

10.10pm, C4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Quentin Tarantino's juicy take on 1960s Hollywood and the Manson Family is a sprawling tale starring Leonardo DiCaprio as a fading TV western star, Brad Pitt as his stunt double and best friend and Margot Robbie as his famous next-door neighbour, Sharon Tate. Shot with Tarantino's customary wit and freewheeling flair, the film is bursting with star cameos (look out for Al Pacino, Kurt Russell and Damian Lewis), who dot the horizon while the story surveys the advent of hippies and the changing of the guard in Hollywood. Mostly, it's a leisurely meditation on friendship and fame – until the explosive climax. 2019, 18, 166MIN

Star struck: Brad and Leonardo

ACTION

Furiosa: A Mad Max Saga

3pm & 5.45am, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

Tough, cunning and determined, Anya Taylor-Joy is ideal as Furiosa in this origins tale of the character played by Charlize Theron in George Miller's *Mad Max: Fury Road*. This instalment brims with Miller's usual jaw-dropping action set-pieces, but is also the most fully realised of the *Mad Max* films (and it doesn't even include Max himself), a spectacular opus with Taylor-Joy's beating heart at the centre of it all as Furiosa sets out to avenge the murder of her mum at the hands of bombastic, sadistic Dementus (a delightfully OTT Chris Hemsworth). 2023, 15, 148MIN

ROMCOM

What's Love Got to Do With It?

10.20pm, BBC1 ★★★

Sex ●●● Violence ●●● Language ●●●

Lily James plays unlucky-in-love documentarian Zoe who decides to film her childhood neighbour and best friend Kaz (Shazad Latif) after he agrees to an assisted marriage. So begins a journey that takes in family-arranged intros, speed dating and a trip to Pakistan for Kaz's eventual nuptials. Scripted by Jemima Khan, this entertaining, cross-cultural yarn proves to be an apt melting pot of familiar influences that works best as an exploration of – and love letter to – Pakistani traditions and practices. 2022, 12, 109MIN

SCI-FI ACTION

Terminator 2: Judgment Day

10.35pm, ITV1 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Director James Cameron's sequel to the 1984 movie sees Arnold Schwarzenegger now playing a good cyborg, who's sent back from the future to protect Sarah Connor (Linda Hamilton reprising her role) and her son (Edward Furlong) from an even more ruthless shape-shifting T-1000 Terminator (Robert Patrick). Arnie brings a lot of humour to his role while destructively going to town with everything from a six-barrelled machine gun to a grenade launcher. An all-time action great. 1991, 15, 146MIN

COMEDY DRAMA

My Week with Marilyn

12.05am, BBC1 ★★★★

Sex ●●● Violence ●●● Language ●●●

This funny, touching and entertaining comedy drama reveals what happened when Marilyn Monroe came to London in 1956 to make *The Prince and the Showgirl* with Laurence Olivier. Oscar-nominated Michelle Williams is totally captivating as Monroe, capturing her charisma as well as her vulnerability, Kenneth Branagh's Olivier brims with old-world suavity and confidence and Eddie Redmayne is ideal as Colin Clark, the film-set gofer on whose diaries the film is based. 2011, 15, 99MIN

■ Full listings start on **p35**

Sunday 7 September

SUPERHERO

Wonder Woman 1984

5.55pm, ITV2 ★★★★

Sex ●●● Violence ●●● Language ●●●

Making a welcome return in her exuberant second solo adventure, Gal Gadot's whip-cracking Amazonian princess Diana Prince is working at the Smithsonian Museum in 1984 Washington DC, while performing acts of heroic do-goodery as Wonder Woman on the side. In the age of rampant materialism, it is Pedro Pascal's megalomaniac huckster Max Lord who drives the plot that also pulls in Kristen Wiig's Barbara Minerva, but it's the return of Steve (Chris Pine) under mysterious circumstances that delights. Affecting, cheesy and with spectacular action (though the climax underwhelms), this is a rousing fantasy. 2020, 12, 151MIN

Golden girl: Gal

COMEDY MUSICAL

The Blues Brothers

8.45am & 1.20am, Sky Greats ★★★★★

Sex ●●● Violence ●●● Language ●●●

Wayward musician brothers Jake and Elwood Blues (John Belushi and Dan Aykroyd) attempt to raise the $5,000 needed to save their childhood orphanage from closure by re-forming their old R&B band in this cult classic. Writer-director Jon Landis' movie careers from one show-stopping musical number to the next (featuring musical greats Aretha Franklin, James Brown, Ray Charles and Cab Calloway), punctuating the songs with brilliantly staged car chases involving the entire Chicago police force. 1980, 15, 135MIN

PERIOD DRAMA

Downton Abbey

3.10pm, ITV1 ★★★★

Sex ●●● Violence ●●● Language ●●●

Julian Fellowes' first film of his plush period drama brings along many of the series' favourite characters, including Hugh Bonneville's Lord Grantham, Maggie Smith's Dowager Countess, Michelle Dockery's Lady Mary, Jim Carter's loyal Carson and Joanne Froggatt's shrewd Anna. Upstairs or downstairs, they're all in a flutter over an impending royal visit. The plot's simply a well-sprung vehicle to get from one slight, swiftly resolved intrigue to the next, but fans will be pleased. Like the Downton silverware, this is polished to a gleam. 2019, PG, 122MIN

ROMCOM

Sleepless in Seattle

3.20pm, Sky 90s ★★★★★

Sex ●●● Violence ●●● Language ●●●

Sharply observed, hilariously funny, unashamedly slushy and with two appealing stars, this is one of modern cinema's great romances – even if writer-director Nora Ephron tantalisingly keeps the film's lovers apart for the vast majority of its running time. Meg Ryan plays a workaholic journalist and hopeless romantic who is about to marry Bill Pullman's stuffy suitor – until she hears a heartfelt interview on the radio from Tom Hanks' grieving widower and decides that he might just be the man of her dreams. 1993, PG, 105MIN

SCI-FI FANTASY

Blade

9.45pm, Sky Monsters ★★★

Sex ●●● Violence ●●● Language ●●●

Fearless half-human, half-vampire Blade (Wesley Snipes) stalks the streets of New York, determined to rid the streets of evil bloodsuckers. Stephen Dorff is vampire fiend Deacon Frost, hatching a plan for world domination, while Kris Kristofferson makes his few lines count as Blade's mentor. Garlic and silver bullets are key weapons in Snipes' impressive armoury in this razor-sharp comic-book fantasy, which delivers its action scenes with exhilarating verve. 1998, 18, 121MIN

■ Full listings start on **p45**

Weekday movies over page

Films Weekday movies

Monday 8 September

SUPERHERO

Kraven the Hunter

8pm, Sky Action ★★★

Sex ●●● Violence ●●● Language ●●●

Aaron Taylor-Johnson certainly looks the part as Kraven, one of Marvel's most iconic antiheroes, a man who has the senses and strength of a variety of animals and a strict code of honour as he hunts down criminals. Sadly, the film itself is far less muscular, with dodgy CGI and a trite script big liabilities. However, for the most part it's a fun ride – a visceral, bloodsoaked movie that positively revels in Russell Crowe (as Kraven's gangster dad) and Alessandro Nivola (the big bad) chewing up the scenery. 2024, 15, 127MIN

Sniffing out the baddies: Aaron

BIOPIC

Widow Clicquot

8.55am, Sky Drama ★★★★

Sex ●●● Violence ●●● Language ●●●

In 1805 France, young widow Barbe Clicquot overcomes huge obstacles (a chunk of them due to her gender) to make her husband's vineyards into one of the legendary champagne houses. Played with quiet reserve but steely determination by Haley Bennett, Barbe's sheer will and ingenuity is the driving force behind this gorgeously filmed and tender ode to love and grief that's a heady, intoxicating delight. 2023, 15, 90MIN

COMEDY

Alfie

2.20pm & 4am, Sky 00s ★★★

Sex ●●● Violence ●●● Language ●●●

Alfie (Jude Law) is an Englishman in New York, a cheeky chappie who drifts from one affair to the next. Michael Caine's 1966 classic is a hard act to follow and the film's morality is now more than a little quaint, but Law is a winner in this chirpy comedy. Whether talking to camera or charming the likes of Nia Long, Marisa Tomei and Susan Sarandon, he nails Alfie's selfish ways. 2004, 15, 106MIN

THRILLER

The Game

9pm, Legend Xtra ★★★★

Sex ●●● Violence ●●● Language ●●●

Michael Douglas is on top form as a hotshot executive who's given a bizarre birthday present by his brother (Sean Penn) – entry to an interactive game. But soon it takes a dark turn as Douglas finds himself in a life-or-death battle of wills and on the run from assassins monitoring his every move. The fiendishly clever way Douglas' ego is progressively chewed to pieces makes for an ingenious thriller in which nothing is what it seems. 1997, 15, 128MIN

ROMCOM

It's Complicated

10pm, Sky Cinema Comedy ★★★★

Sex ●●● Violence ●●● Language ●●●

Meryl Streep has a field day in writer-director Nancy Meyers' delightful romcom. She's a divorcee having an affair with her ex-husband (Alec Baldwin), who is having difficulties in his marriage to a younger woman (Lake Bell), and is also being wooed by a shy architect (Steve Martin). Rarely putting a foot wrong, this is a charming and the cast has a ball. 2009, 15, 120MIN

■ Full listings start on p55

Tuesday 9 September

HORROR COMEDY

The Monkey

Available now, Prime Video ★★★

Sex ●●● Violence ●●● Language ●●●

Viewers with a taste for slapstick splatter will lap up this gleefully gruesome horror comedy loosely based on a Stephen King short story. Writer-director Osgood Perkins raises grisly chuckles rather than jump scares, though there's no denying the inventiveness of his improbably gory deaths at the hands of the diabolical wind-up toy of the title. Theo James doubles up as the chalk-and-cheese twins (played by Christian Convery as boys) who inherit it and Elijah Wood delivers a choice cameo as a smug self-help author. 2024, 15, 98MIN

Death watch: Theo

THRILLER

Man on a Ledge

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

Teetering on a ledge of a New York hotel is Sam Worthington's ex-cop and escaped convict. As a crowd gathers below, police negotiator Elizabeth Banks tries to talk him down. To reveal more would spoil this preposterous but gripping thriller, which builds up a dizzying level of tension while revealing what Worthington is up to and what it's got to do with Ed Harris, Jamie Bell, Genesis Rodriguez and a diamond. 2011, 12, 102MIN

WAR DRAMA

The Killing Fields

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Almost two years in the making, Roland Joffé's film about the Cambodian War is based on the real-life friendship between a US war correspondent (Sam Waterston) and his Cambodian confederate (Haing S Ngor, who had himself been tortured in Cambodia). It's a deeply moving drama in which they are eventually separated at the time of the Khmer Rouge invasion of 1975, despite the guilt-ridden American's efforts to smuggle out his friend. 1984, 15, 135MIN

DRAMA

Clemency

12m't, BBC2 ★★★★

Sex ●●● Violence ●●● Language ●●●

The barbarity of capital punishment is squarely faced in writer-director Chinonye Chukwu's powerful drama, which stars Alfre Woodard as a veteran prison warden buckling under the strain of carrying out death row executions. Woodard conveys her character's struggle in every fibre, her turmoil amplified by the experience of a botched execution and her doubts about the guilt of condemned prisoner Aldis Hodge. 2019, 15, 112MIN

CAPER

The Old Man & the Gun

2.15am, C4 ★★★★

Sex ●●● Violence ●●● Language ●●●

A bittersweet crime comedy starring Robert Redford as a geriatric gentleman bank robber who remains a surprisingly nimble step ahead of cop Casey Affleck while conducting a gentle courtship with widow Sissy Spacek. It's a great touch to use footage from the star's old movies to illustrate his character's escapades down the years. 2018, 12, 93MIN

■ Full listings start on p65

Wednesday

THRILLER

The Wasp

8.20am & 4.15am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A fraught and compelling thriller set in Bath, this film deals with much more substantial elements than it first lets on. Naomie Harris' twitchy, middle-class Heather contacts no-nonsense working-class old

DRAMA

After Yang

11am, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

Colin Farrell and Jodie Turner-Smith play the parents to an adopted Chinese girl (Malea Emma Tjandrawidjaja), who's assisted by android Yang (Justin H Min). But when Yang breaks down, the family must adjust to his absence, as well as uncover the truth about Yang himself. This deeply contemplative drama ponders the nature of loss, memory and humanity. A beautiful and meditative experience. 2022, PG, 96MIN

CLASSIC WESTERN

A Fistful of Dollars

9pm, ITV4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Clint Eastwood became an international star on the strength of Sergio Leone's gritty, gripping and hugely influential spaghetti western, after James Coburn, Charles Bronson and Richard Harris turned down the role. Eastwood's a loner who enters a Mexican town and pits two rival families against each other. He squints magnificently but has very little to say, so all eyes are on the tense shoot-outs in a plot borrowed from the Japanese classic *Yojimbo*. 1964, 15, 96MIN

10 September

school acquaintance Carla (Natalie Dormer) with an offer she can't refuse… Effectively a two-hander, this tense film twists and contorts until the final shot, with both actors on brilliant form. Director Guillem Morales takes Morgan Lloyd Malcolm's play and maintains the chilling, claustrophobic air perfectly. 2024, 15, 95MIN

Sting in the tale: Naomie

THRILLER

Memory

9pm, Film4 ★★★

Sex ●●● Violence ●●● Language ●●●

Although Liam Neeson playing a gun-for-hire out to kill some villains may seem routine, this is an engrossing thriller. Neeson plays an Alzheimer's afflicted assassin who refuses to do his latest assignment – to take out a sex-trafficked 13-year-old Mexican girl – and so his bosses put a hit out on him. Throw in Guy Pearce as an FBI agent out to nab the leaders of the paedophile ring and you have a suitably satisfying, well-acted tale. 2022, 15, 114MIN

ACTION

Battle Royale

10.05pm, Sky Action ★★★★

Sex ●●● Violence ●●● Language ●●●

In Japan, 42 15-year-olds are taken to a remote island, given a variety of weapons and told they have 72 hours to wipe each other out. Such is Battle Royale, a 'final solution' adopted by the toppling government to deal with juvenile delinquency and mass unemployment. Despite the extreme violence, this powerful and disturbing film is surprisingly humane. Subtitled. 2000, 18, 113MIN

■ Full listings start on p75

Thursday 11 September

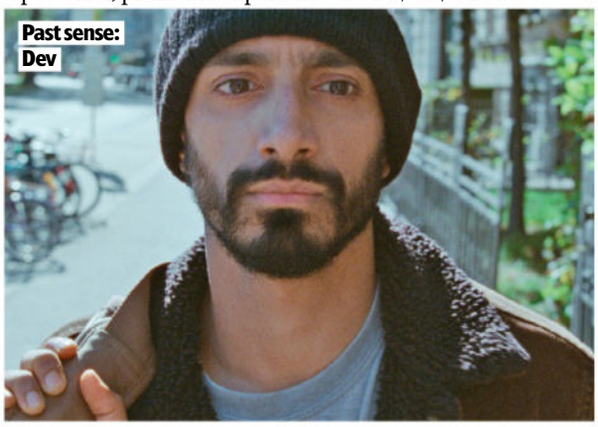
DRAMA

Sound of Metal

10.45pm, BBC3 (1.15am BBC2 Saturday) ★★★★★

Sex ●●● Violence ●●● Language ●●●

Riz Ahmed is electric as heavy-metal drummer Ruben, whose life is upended when he develops drastic hearing loss. He checks into a home for deaf recovering addicts run by Paul Raci's war veteran, who helps his charges get to grips with their new way of living. Entirely captioned and featuring immersive sound design, this Oscar-nominated film makes you feel Ruben's disorientation and isolation. Shining a rare cinematic light on the deaf community, it's a powerful, profound experience. 2020, 15, 120MIN



Past sense: Dev

COMEDY

Timestalker

4.30pm, Sky Sci-Fi/Horror ★★★★

Sex ●●● Violence ●●● Language ●●●

Writer-director-star Alice Lowe searches out her one true love (Aneurin Barnard) throughout several reincarnations – though he barely registers her – in this smart, sharp comedy. Lowe goes from 17th-century Scotland to the Georgian era and beyond, always coming a cropper, but believing her fulfilment comes from another. A sardonic, ingenious and hilarious slice of romance like no other. 2024, 15, 89MIN

DRAMA

There Will Be Blood

5.20pm, Sky 00s ★★★★★

Sex ●●● Violence ●●● Language ●●●

Daniel Day-Lewis gives a thunderous, Oscar-winning performance, creating a memorable monster as a ruthless oil tycoon who makes a deal with a creepy young evangelist (Paul Dano) and his dad for the drilling rights on their land. There follows an epic battle between greed and religion. Director Paul Thomas Anderson's incredible, all-American saga is as dark as it is intelligent, compelling and brilliant. 2007, 15, 158MIN

COMEDY

Groundhog Day

6.45pm, Film4 ★★★★★

Sex ●●● Violence ●●● Language ●●●

Aside from boasting one of the most original comedy concepts of the 1990s – a cynical TV weatherman is stranded in a backwoods town while covering the Groundhog Festival, reliving the same day over and over again – director Harold Ramis' exceptional comic fantasy fairly crackles with wit. As the hapless main character, Bill Murray delivers one of his finest performances and Andie MacDowell makes the perfect foil. 1993, PG, 103MIN

SUPERHERO

Madame Web

10pm, Sky Gems ★★★

Sex ●●● Violence ●●● Language ●●●

Dakota Johnson is great as New York paramedic Cassandra Web in this more-fun-than-expected *Spider-Man* offshoot. She starts having premonitions, which leads her to teens Sydney Sweeney, Isabela Merced and Celeste O'Connor, targets of Tahar Rahim's Ezekiel Sims (who also killed Cassandra's mum). It's messy at first, but settles into an enjoyable chase film with a feminist twist. 2024, 12, 116MIN

■ Full listings start on p85

Friday 12 September

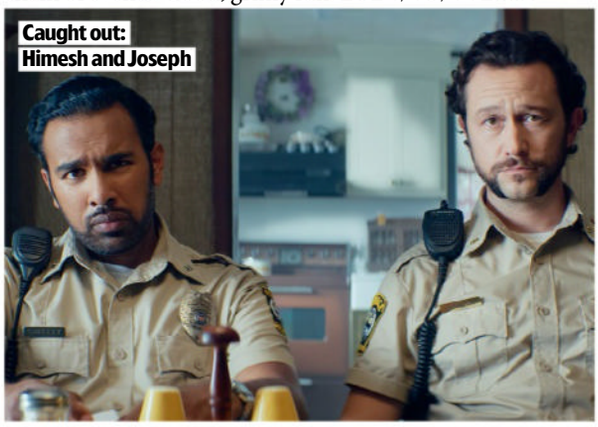
CRIME COMEDY

Greedy People

10.05am, Sky Thriller ★★★★

Sex ●●● Violence ●●● Language ●●●

A consistently agreeable crime comedy in which cops Joseph Gordon-Levitt and Himesh Patel stumble on the set-up for a spousal hit. The duo make off with a stash of cash that becomes the driving factor in a story where the bodies – and laughs – start piling up. Standouts among the fine support are Lily James as Patel's pregnant wife and Tim Blake Nelson, ace as the shrimp magnate whose plan to bump off this wife (Traci Lords) sets in motion the bloody chain of events. Good, grimy fun. 2024, 15, 112MIN



Caught out: Himesh and Joseph

ACTION COMEDY

Free Guy

9pm, Film4 ★★★★

Sex ●●● Violence ●●● Language ●●●

Eternal optimist Guy (Ryan Reynolds) is a videogame NPC (non-playable character) who becomes an unlikely hero after kick-ass player Molotov Girl (Jodie Comer) prompts him to deviate from his protocols. Meanwhile, scheming developer Taika Waititi plans to shut it down... With a deft script that takes in existential angst, corporate greed, artistic integrity and people power this is a perfectly played, eye-popping slice of fun. 2020, 12, 110MIN

FANTASY ADVENTURE

Reign of Fire

9pm, Legend ★★★

Sex ●●● Violence ●●● Language ●●●

It's 2020 and dragons have devastated the world. In Northumberland, a pocket of human survivors is led by Quinn (Christian Bale), but a new arrival, American Van Zan (Matthew McConaughey), is a man with a plan – to kill the only male dragon. So they head to what's left of London, along with Izabella Scorupco, to put an end to the fire-breathing beasts. It's nothing special, but is still blazing good fun. 2002, 12, 102MIN

CRIME DRAMA

Training Day

10.40pm, BBC1 (11.10pm Wales) ★★★

Sex ●●● Violence ●●● Language ●●●

Denzel Washington delivers such a towering performance in the lead role of this thriller that it is easy to overlook the fact that the plot is pretty conventional. We get to spend an entire day in the company of Washington's monstrously corrupt police detective as he intimidates suspects, yanks the strings of authority and commits murder in the line of duty, all under the watchful eye of rookie Ethan Hawke. 2001, 18, 121MIN

COMEDY

Identity Thief

10.45pm, ITV1 (not STV) ★★★

Sex ●●● Violence ●●● Language ●●●

A mostly funny comedy, thanks to Melissa McCarthy. She fires on all cylinders as a spendthrift who steals the identity of Jason Bateman's mild-mannered accountant. Then, with his credit rating ruined and his job at risk, he sets off to catch her... This comedy becomes too sentimental towards the end but, together, Bateman and McCarthy are hugely entertaining. 2013, 15, 111MIN

■ Full listings start on p95

Sport week

Your ultimate g… …est of the week's live action

Can the **home nations** pick up vital points in their groups?

THE MAIN EVENT

World Cup qualifiers

LIVE FOOTBALL

Thu 4 Sept-Tue, BBC, ITV1 & S4C

With 48 countries set to feature in next summer's expanded World Cup finals, there's never been a better chance for all four home nations to qualify for the tournament. As Scotland and Northern Ireland begin their campaigns, and England and Wales continue their impressive starts, we look ahead to this week's games...

Argentina are defending champs

MISSION ACCOMPLISHED

The World Cup is just nine months away, and aside from co-hosts Canada, Mexico and USA, 10 nations have already qualified for next summer's finals which will feature 48 teams for the first time.

Reigning world champions Argentina and five-time winners Brazil have both booked places on the plane, along with Ecuador, South Korea, Iran, Japan, Australia and New Zealand, plus Jordan and Uzbekistan who will be making their debuts in the tournament.

Jude Bellingham

ENGLAND

Currently topping Group K with three wins out of three, England pick up their qualifying campaign this week in a healthy state. However, the Three Lions have been less than convincing since Thomas Tuchel took charge, only beating Andorra 1-0 and booed off at the City Ground after the 3-1 friendly defeat to Senegal – the first ever loss to an African country. Tuchel insists there is 'no need to panic', and England remain favourites to qualify, but fans are concerned about his recent selection of veterans Kyle Walker and Jordan Henderson plus an inability to get the best out of Jude Bellingham.

England v Andorra ***Sat, k-o 5pm, ITV1***

Serbia v England ***Tue, k-o 7.45pm, ITV1***

NORTHERN IRELAND

Drawn in Group A, alongside Germany, Luxembourg and Slovakia, Northern Ireland face a tough task to reach their first World Cup finals since 1986. After Luxembourg on Thursday 4 September, Michael O'Neill's side take on four-time winners Germany in Cologne on Sunday. O'Neill will be able to call on Sunderland duo Daniel Ballard and Trai Hume, who have both impressed in the Black Cats' return to the Premier League.

Luxembourg v Northern Ireland ***Thu 4 Sept, k-o 7.45pm, BBC1 (N Ireland only) & BBC3***

Germany v Northern Ireland ***Sun, k-o 7.45pm, BBC2 (N Ireland, BBC1)***

Northern Ireland's Daniel Ballard

SCOTLAND

Grouped with Greece, Denmark and Belarus, Scotland coach Steve Clarke has admitted to 'feeling the pressure' as he bids to guide his men to a first World Cup finals in 28 years. Their first Group C game takes the Scots to Copenhagen on Friday 5 September, before the Tartan Army travel to Belarus on Monday. A 3-1 friendly defeat to Iceland in June exposed Scotland's shortcomings, but Clarke has some promising youngsters in his squad, including midfielder Lennon Miller, along with the experience of John McGinn and Scott McTominay.

Denmark v Scotland ***Fri 5 Sept, k-o 7.45pm, BBC2 & BBC Scotland***

Belarus v Scotland ***Mon, k-o 7.45pm, BBC1 (Scotland only) & BBC3***

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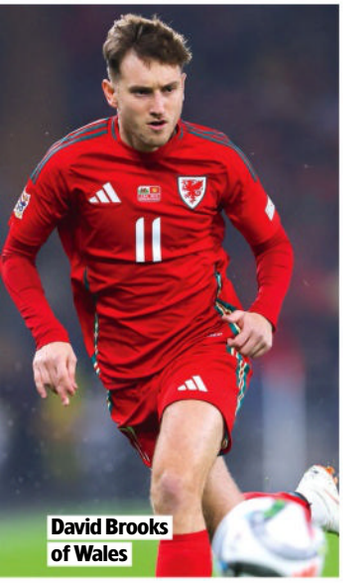


David Brooks of Wales

WALES

Wales have been transformed under the attacking ethos of coach Craig Bellamy. With North Macedonia also looking strong, progressing from Group J will be no easy feat, however, and the likes of Harry Wilson and David Brooks will want to return home with three points as they travel to Kazakhstan on Thursday 4 September. On Tuesday, Bellamy will get the chance to experiment when Canada arrive at Swansea for an international friendly, the fourth meeting between the nations.

Kazakhstan v Wales ***Thu 4 Sept, k-o 3pm, BBC1 & S4C***

Wales v Canada ***Tue, k-o 7.45pm, BBC1 (Wales only), BBC3 & S4C***

Scotland's Lennon Miller

LIVE AMERICAN FOOTBALL

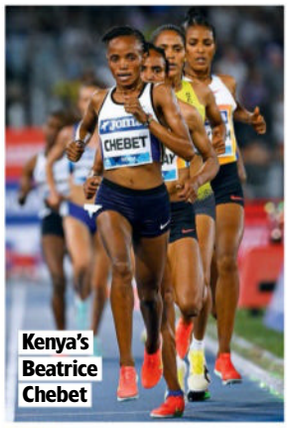
Washington Commanders v New York Giants

Sunday, kick-off 6pm, 5

NFL action comes to free-to-air TV as 5 begins a new deal that sees the channel broadcasting two Sunday-evening games throughout the season – the first at 6pm on 5 and the second at 9pm on 5Action. The opening game sees quarterbacks Jayden Daniels and Russell Wilson face off as Washington Commanders host the New York Giants, followed by Green Bay Packers versus Detroit Lions (kick-off 9.25pm). Dermot O'Leary, Sam Quek and double Super Bowl winner Osi Umenyiora host the coverage, which will include a new entertainment format as fans battle for prizes during breaks in the action.

NFL Big Game Night's Sam Quek, Dermot O'Leary and Osi Umenyiora

Washington Commanders' Jayden Daniels



Kenya's Beatrice Chebet

LIVE ATHLETICS

World Championships

Friday, BBC2 & TNT Sports 3

An eight-hour time difference means there'll be some late nights for UK athletics fans as Tokyo hosts the track-and-field event over the next nine days. The first day sees medals handed out in the 35km race walks, mixed 4x400m relay, men's shot put, featuring world and Olympic champion Ryan Crouser of the USA, and the women's 10,000m, which includes Kenya's world record holder and Olympic gold medallist Beatrice Chebet.

LIVE RUGBY UNION

Women's Rugby World Cup

Saturday & Sunday, BBC2 (regions vary)

The final round of group games takes place over the weekend as the quarter-finalists are decided. On Saturday, there's a triple bill of action, beginning with Canada against Scotland (k-o 12noon) and Wales versus Fiji (k-o 2.45pm) in a Pool B double-header at Exeter, followed by England's final Pool A clash with Australia in Brighton (k-o 5pm). On Sunday, New Zealand take on Ireland in Pool C (k-o 2.45pm). The tournament has already seen record viewing figures with an audience of 2.4 million tuning in for England's emphatic 69-7 victory over the USA in the tournament's opening match.

England's Ellie Kildunne

Spain's Carlos Alcaraz

LIVE TENNIS

US Open finals

Saturday & Sunday, Sky Sports Tennis & Sky Sports Main Event

It's been an eventful fortnight at Flushing Meadows with Daniil Medvedev's meltdown, Jack Draper's withdrawal, Carlos Alcaraz's haircut and a good run from Emma Raducanu all capturing the headlines. The women's singles final takes place on Saturday, followed by the men's singles final on Sunday. Who will succeed Aryna Sabalenka and Jannik Sinner as US Open champions?

Sport A-Z and football planner »»

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Sport week A-Z GUIDE

AMERICAN FOOTBALL

LIVE Washington Commanders v New York Giants
Sun 5.30pm 5 (kick-off 6pm)
The NFL match. See p29.

LIVE Green Bay Packers v Detroit Lions
Sun 9pm 5Action (kick-off 9.25pm)

ATHLETICS

LIVE Great North Run
Sun 10am BBC1

LIVE World Championships
Fri 11.55pm BBC2 & 12m't TNT Sports 3
Day one from Tokyo. See p29.

AUSTRALIAN RULES

LIVE Carlton Women v Western Bulldogs Women
Sat 6am TNT Sports 3

LIVE AFL First Qualifying Final
Sat 7am TNT Sports 1

LIVE AFL First Elimination Final
Sat 8am TNT Sports 3

LIVE Sydney Swans Women v Fremantle Women
Sat 4am TNT Sports 1

LIVE Adelaide Crows Women v Brisbane Lions Women
Sat 4am TNT Sports 3

LIVE North Melbourne Tasmanian Kangaroos Women v Collingwood Women
Sun 6am TNT Sports 1

LIVE Essendon Women v Geelong Cats Women
Sun 6am TNT Sports 3

LIVE West Coast Eagles Women v Port Adelaide Women
Sun 8am TNT Sports 3

LIVE AFL Second Semi-Final
Fri 10am TNT Sports 1

LIVE Collingwood Women v Sydney Swans Women
Fri 4am TNT Sports 1

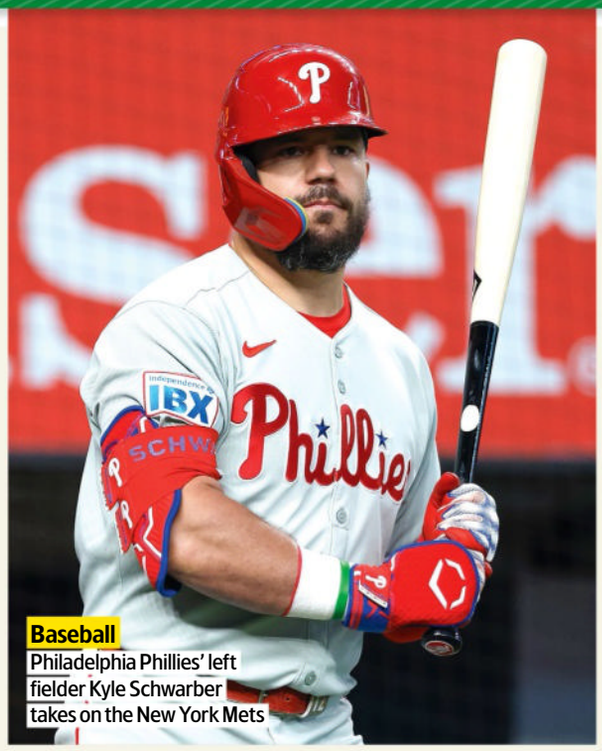
LIVE Carlton Women v Gold Coast Suns Women
Fri 5.30am TNT Sports 4

BASEBALL

LIVE New York Yankees v Toronto Blue Jays
Sat 6pm TNT Sports 3

LIVE St. Louis Cardinals v San Francisco Giants
Sat 12m't TNT Sports 1

LIVE Atlanta Braves v Seattle Mariners
Sun 5pm TNT Sports 1



Baseball
Philadelphia Phillies' left fielder Kyle Schwarber takes on the New York Mets

LIVE Arizona Diamondbacks v Boston Red Sox
Sun 9pm TNT Sports 1
The MLB match at Chase Field.

LIVE MLB
Sun 12m't TNT Sports 1

LIVE San Francisco Giants v Arizona Diamondbacks
Mon 2.30am TNT Sports 1

LIVE New York Yankees v Detroit Tigers
Tue 12m't TNT Sports 1

LIVE Texas Rangers v Milwaukee Brewers
Wed 7.30pm TNT Sports 1

LIVE Philadelphia Phillies v New York Mets
Wed 11.30pm TNT Sports 1

LIVE Baltimore Orioles v Pittsburgh Pirates
Thu 6pm TNT Sports 2

LIVE Toronto Blue Jays v Houston Astros
Thu 8pm TNT Sports 3
The MLB game at Rogers Centre.

LIVE Chicago Cubs v Tampa Bay Rays
Fri 7pm TNT Sports 4

LIVE Boston Red Sox v New York Yankees
Fri 12m't TNT Sports 1

BASKETBALL

LIVE Connecticut Sun v Phoenix Mercury
Sat 6pm TNT Sports 4
The WNBA match at Mohegan Sun Arena.

COMBAT SPORTS

LIVE UFC Fight Night Prelims
Sat 6pm TNT Sports 1

LIVE Nassourdine Imavov v Caio Borralho
Sat 8pm TNT Sports 1
The middleweight bout at UFC Fight Night 258 from Accor Arena, Paris.

CRICKET

LIVE Lancashire Lightning v Kent Spitfires
Sat 2.15pm Sky Sports Cricket
The T20 Blast quarter-final match.

LIVE Somerset v Birmingham Bears
Sat 6.15pm Sky Sports Cricket
The T20 Blast quarter-final match.

LIVE Guyana Amazon Warriors v Trinbago Knight Riders
Sat 8pm TNT Sports 4
A Women's CPL game in Guyana.

LIVE Guyana Amazon Warriors v Trinbago Knight Riders
Sat 11.30pm TNT Sports 2
Men's CPL T20 match in Guyana.

LIVE England v South Africa
Sun 10.30am Sky Sports Cricket & 4pm Sky Sports Main Event
Third ODI in the series in Hampshire.

LIVE Barbados Royals v St Lucia Kings
Sun 3.30pm TNT Sports 2
The CPL T20 match in Barbados.

LIVE Guyana Amazon Warriors v St Kitts & Nevis Patriots
Mon 12.30am TNT Sports 2
The CPL T20 match in Guyana.

LIVE Disability T20
Wed 1.55pm Sky Sports Cricket & 2pm Sky Sports Main Event
Premier League Final in Cardiff.

LIVE England v South Africa
Wed 6pm Sky Sports Main Event & Sky Sports Cricket
The T20 match at Sophia Gardens.

LIVE Barbados Royals v Trinbago Knight Riders
Wed 6.45pm TNT Sports 2
The women's CPL match in Guyana.

LIVE Guyana Amazon Warriors v Antigua & Barbuda Falcons
Wed 11.30pm TNT Sports 2
The CPL T20 match in Guyana.

LIVE Barbados Royals v St Kitts & Nevis Patriots
Thu 11.30pm TNT Sports 1
The CPL T20 match in Barbados.

LIVE England v South Africa
Fri 6pm Sky Sports Cricket
The second T20 at Old Trafford.

LIVE Barbados Royals v Trinbago Knight Riders
Fri 11.30pm TNT Sports 2
The CPL T20 fixture in Barbados.

CYCLING

LIVE Tour of Britain
Sat 11.10am & Sun 11.25am ITV4; Sat 11.30am TNT Sports 1
Stages five and six of the race.

LIVE Vuelta a España
Sat 12.15pm, Sun 1.30pm, Tue & Fri 1.30pm, Wed 1.15pm & Thu 1.45pm TNT Sports 3; Tue & Fri 1.30pm, Wed 1.15pm & Thu 1.45pm TNT Sports 1
Stages 14 to 19 of the men's race.

LIVE UCI Mountain Bike World Championship
Sun 9.45am & 12noon TNT Sports 1
The DHI Elite Finals in Valais.

LIVE UCI Mountain Bike World Championship
Tue 4.15pm & 5.30pm TNT Sports 2
The XCC Elite races in Valais.

LIVE Grand Prix Quebec
Fri 5pm TNT Sports 3
The race staged in Canada.

DARTS

LIVE World Series of Darts
Fri 6pm ITV4
Day one in Amsterdam, Netherlands.

EQUESTRIAN

LIVE Burghley Horse Trials
Sun 5pm BBC2

GOLF

LIVE Irish Open
Sat & Sun 12.30pm Sky Sports Golf
Days three and four staged at K Club in Straffan, County Kildare.

LIVE Walker Cup
Sat & Sun 5.30pm & 12m't Sky Sports Golf; Sat 12m't Sky Sports Main Event
Days one and two of the event at Cypress Point Club in California.

LIVE Houston Championship
Sat 6pm Sky Sports Mix; Sat & Sun 8.30pm Sky Sports Golf
Days two and three at Golfcrest Country Club in Pearland, Texas.

LIVE The PGA Championship
Thu & Fri 8.30am Sky Sports Main Event & Sky Sports Golf
Days one and two of the event at Wentworth Club in Surrey.

LIVE The Swiss Ladies Open
Thu & Fri 2.30pm Sky Sports+ & Sky Sports Mix
Days one and two staged at Golfpark Holzhausern in Ennetsee.

LIVE Procore Championship
Thu 6pm & Fri 9pm Sky Sports Golf; Thu 6pm & Fri 11pm Sky Sports Main Event
Days one and two at Silverado Country Club in Napa, California.

LIVE Queen City Championship
Thu 9pm Sky Sports Main Event & Sky Sports+; Fri 6pm Sky Sports Golf
Days one and two of the tournament at TPC River's Bend in Ohio.

HORSE RACING

LIVE Haydock, Ascot and Kempton Park
Sat 1pm ITV1

LIVE Sunday Series
Sun 2.15pm ITV4
The sixth and final round at York.

LIVE St Leger Festival
Thu & Fri 1pm ITV1
Days one and two in Doncaster.

MINORITY SPORTS

LIVE Climbing World Cup
Sat 7pm TNT Sports 2

MOTORCYCLING

LIVE MotoGP
Sat 7.30am TNT Sports 2
The Grand Prix of Catalonia practice.

LIVE Superbike World Championship
Sat 8am, 9.30am & 11.30am, Sun 9.30am & 11.30am TNT Sports 4

LIVE MotoGP
Sat 9am TNT Sports 2
The Grand Prix of Catalonia MotoGP second practice and qualifying.

LIVE British Superbikes
Sat 10.15am TNT Sports 4 & 2.45pm TNT Sports 2; Sun 10.30am & 3.30pm TNT Sports 4, 1pm Quest
Round eight at Donington Park.

LIVE MotoGP
Sat 11.45am TNT Sports 2
The Grand Prix of Catalonia Moto2 and Moto3 qualifying sessions.

LIVE MotoGP
Sat 1.45pm TNT Sports 2
Grand Prix of Catalonia sprint race.

LIVE MotoGP
Sun 8.30am TNT Sports 2
The Grand Prix of Catalonia warm-up session in Barcelona.

LIVE MotoGP
Sun 9am TNT Sports 2
Grand Prix of Catalonia Moto3 race.

LIVE MotoGP
Sun 11am TNT Sports 2
Grand Prix of Catalonia Moto2 race.

LIVE MotoGP
Sun 12.15pm TNT Sports 2
Grand Prix of Catalonia MotoGP race.

LIVE British Speedway
Mon & Thu 7.30pm TNT Sports 1

LIVE MotoGP
Fri 8am & 12.15pm TNT Sports 2
Grand Prix of San Marino MotoGP, Moto2 and Moto3 practice sessions.

LIVE FIM Speedway GP2
Fri 5.30pm TNT Sports 2

MOTORSPORT

LIVE Formula 3
Sat 8.10am Sky Sports F1
The Italian Grand Prix sprint race.

LIVE Women's Circuit Racing World Championship
Sat 10.45am TNT Sports 4
From Circuit de Nevers Magny-Cours.

LIVE MotoE
Sat 11am TNT Sports 2
The Grand Prix of Catalonia.

LIVE Formula 1
Sat 11.15am Sky Sports F1
The Italian Grand Prix third practice.

LIVE Formula 2
Sat 1.10pm Sky Sports F1
The Italian Grand Prix sprint race.

LIVE Formula 1
Sat 2.15pm Sky Sports F1 & 2.45pm Sky Sports Main Event
Italian Grand Prix qualifying session.

LIVE Formula 3
Sun 7.10am Sky Sports F1
The Italian Grand Prix feature race.

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Sun 11.30am TNT Sports 3 & 3pm TNT Sports 1

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The Italian Grand Prix in Monza.

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Sun 6.30pm TNT Sports 3

LIVE NASCAR
Sun 7.30pm Premier Sports 2

LIVE World Rally Championship
Fri 12noon TNT Sports 4

LIVE MotoE
Fri 4pm TNT Sports 2

POOL

LIVE Ultimate Pool
Mon 6pm TNT Sports 2

RUGBY LEAGUE

LIVE Canterbury-Bankstown Bulldogs v Cronulla-Sutherland Sharks
Sat 8.15am Sky Sports Mix

LIVE Canterbury Bulldogs v Cronulla Sharks
Sat 10.35am Sky Sports+

LIVE New Zealand Warriors v Brisbane Broncos
Sat 3am Sky Sports Mix

LIVE Newcastle Knights v Gold Coast Titans
Sat 4.45am Sky Sports Mix

LIVE Dolphins v Canberra Raiders
Sat 5am Sky Sports+

LIVE Parramatta Eels v Wests Tigers
Sun 9.15am Sky Sports+ & Sky Sports Mix

LIVE Hull Kingston Rovers v Hull FC
Sun 2.30pm Sky Sports+ (kick-off 3pm) Super League at Sewell Group Craven Park Stadium.

LIVE Sydney Roosters v Cronulla-Sutherland Sharks
Thu 10.45am Sky Sports Mix

LIVE Parramatta Eels v Canterbury-Bankstown Bulldogs
Fri 9am Sky Sports Mix

LIVE NRL First Qualifying Final
Fri 10.50am Sky Sports Action & Sky Sports+

LIVE Leigh Leopards v St Helens
Fri 7.30pm Sky Sports+ (kick-off 8pm) The Super League match at Leigh Sports Village.

LIVE Brisbane Broncos v North Queensland Cowboys
Fri 3am Sky Sports Mix

LIVE Gold Coast Titans v Canberra Raiders
Fri 4.45am Sky Sports Mix

RUGBY UNION

LIVE Australia v Argentina
Sat 5.35am Sky Sports Main Event & Sky Sports+

LIVE New Zealand v South Africa
Sat 7.55am Sky Sports Main Event & Sky Sports+

LIVE Canada v Scotland
Sat 11.45am BBC2 (Wales, BBC1) (kick-off 12noon) Women's Rugby World Cup Pool A game from Sandy Park. See p29.

LIVE Top 14 Rugby Union
Sat 1.55pm, 3.55pm & Sat 8pm, Sun 8pm Premier Sports 1

LIVE Wales v Fiji
Sat 2.15pm BBC2 (Wales, BBC1) (kick-off 2.45pm) Women's Rugby World Cup Pool A match from Sandy Park. See p29.

LIVE Golden Lions v Suzuki Griquas
Sat 3.50pm Sky Sports Mix

LIVE England v Australia
Sat 4.35pm BBC2 (kick-off 5pm) Women's Rugby World Cup Pool A game at Amex Stadium. See p29.

LIVE New Zealand v Ireland
Sun 2.30pm BBC2 (kick-off 2.45pm) Women's Rugby World Cup Pool C at Amex Stadium.

LIVE Waikato v North Harbour
Fri 8am Sky Sports+

LIVE Newcastle Red Bulls v Harlequins
Fri 7pm TNT Sports 1 (kick-off 7.45pm) PREM Rugby Cup Pool B game at Kingston Park.

LIVE Newport v Llandovery
Fri 7.30pm S4C (kick-off 7.45pm) Super Rygbi.

LIVE Australia v Argentina
Fri 5.05am Sky Sports Main Event & Sky Sports+

SAILING

LIVE SailGP
Fri 11.30am TNT Sports 3

TENNIS

LIVE US Open
Sat 5pm Sky Sports+
Day 14 from Flushing Meadows.

LIVE US Open
Sat 5pm Sky Sports Tennis
The men's doubles final. See p29.

LIVE US Open
Sat 8pm Sky Sports Main Event & Sky Sports Tennis
Women's final at Flushing Meadows.

LIVE US Open
Sun 6pm Sky Sports Tennis & 7pm Sky Sports Main Event
Men's final at Flushing Meadows.

LIVE Sao Paulo Open
Mon & Tue 5pm, Wed & Thu 7pm & Fri 5.30pm Sky Sports+; Mon, Tue & Fri 5pm, Wed & Thu 7pm Sky Sports Tennis
Days one to five at Parque Villa-Lobos.

LIVE WTA and ATP Tours
Mon 9pm, Tue 8pm & Wed 10.30pm Sky Sports Main Event

LIVE WTA Tour
Mon & Wed 9pm, Tue 8pm, Thu 12m't & Fri 10.15pm Sky Sports+; Mon & Wed-Fri 9pm, Tue 8pm Sky Sports Tennis; Thu 12m't Sky Sports Main Event

LIVE Guadalajara Open
Mon-Thu 1.30am & Fri 2am Sky Sports Main Event; Mon & Tue 1.30am Sky Sports+; Mon-Fri 1.30am Sky Sports Tennis
Days one to five at Panamerican Tennis Center in Mexico.

LIVE WSL

Arsenal v London City Lionesses

Sat, k-o 1.30pm, BBC1 & BBC2

PFA Player of the Year Mariona Caldentey is set to feature in BBC1's first live match of the season at the Emirates. The promoted Lionesses have recruited England striker Nikita Parris and Dutch midfielder Daniëlle van de Donk, both former Arsenal players.

LIVE BUNDESLIGA

Bayer Leverkusen v Eintracht Frankfurt

Fri, kick-off 7.30pm, BBC iPlayer & BBC Sport website

This season, the BBC has secured the rights to screen one live Bundesliga match a week and cameras will be at the BayArena on Friday. Former Manchester United boss Erik ten Hag took over from Xabi Alonso at Leverkusen in May.

LIVE CHAMPIONSHIP

Ipswich Town v Sheffield United

Fri, k-o 8pm, Sky Sports Main Event & Sky Sports Football

Rubén Sellés made an inauspicious start as Sheffield United coach, losing his first three matches, and it could prove to be a difficult trip to Portman Road. The Tractor Boys' new signings include Dutch midfielder Azor Matusiwa.

Saturday 6

LIVE Newport County v Bristol Rovers
12noon Sky Sports Main Event & Sky Sports Football (kick-off 12.30pm)
The League Two match from Rodney Parade.

LIVE Arsenal v London City Lionesses
1.15pm BBC1 (Wales, BBC2) (kick-off 1.30pm)
The Women's Super League fixture staged at Emirates Stadium.

LIVE League One
2.50pm Sky Sports+ (kick-off 3pm)

LIVE England v Andorra
4pm ITV1 (kick-off 5pm)
The World Cup Group K qualifier at Villa Park. England won June's reverse fixture in underwhelming fashion, with Harry Kane scoring the only goal of the game. See p28.

LIVE Bromley v Gillingham
5pm Sky Sports Main Event & Sky Sports Football (kick-off 5.30pm)
The League Two match staged at Copperjax Community Stadium.

Sunday 7

LIVE Liverpool v Everton
11am Sky Sports Main Event & Sky Showcase (kick-off 12noon)
The Women's Super League match at Anfield. These teams last faced each other here on the penultimate weekend of last season, when the Toffees claimed just their second away win of the campaign.

LIVE Manchester United v Leicester City
11am Sky Sports Premier League (kick-off 12noon)
The Women's Super League fixture at Leigh Sports Village. United finished in third place last term, while Leicester were 10th for the third season in succession.

LIVE Brighton & Hove Albion v Aston Villa
11am Sky Sports Football (kick-off 12noon)
The Women's Super League match at Broadfield Stadium in Crawley.

LIVE Women's Super League
11am Sky Sports+ (kick-off 12noon)

LIVE Tottenham Hotspur v West Ham United
11am Sky Sports Mix (kick-off 12noon)
The Women's Super League game staged at BetWright Stadium.

LIVE Celtic v Rangers
2.45pm Sky Sports Football (kick-off 3pm)
The Old Firm derby in the Scottish Women's Premier League held at SuperSeal Stadium in Hamilton.

LIVE The New Saints v Cardiff City
5.15pm S4C (Kick off 5.35pm)
The Genero Adran Premier game.

LIVE Almeria v Racing
5.25pm Premier Sports 1 (kick-off 5.30pm) The LaLiga 2 match at UD Almería Stadium.

LIVE Germany v Northern Ireland
7.30pm BBC2 (N Ireland, BBC1) (kick-off 7.45pm)
Both teams' second World Cup Group A qualifier staged at RheinEnergieStadion. See p28.

LIVE Gotham v Angel City
10pm TNT Sports 4 (kick-off 10pm)
The NWSL match at Sports Illustrated Stadium in New Jersey.

Monday 8

LIVE Belarus v Scotland
7.30pm BBC1 (Scotland only) & BBC3 (kick-off 7.45pm)
Both teams' second World Cup Group C qualifier held at ZTE Arena in Zalaegerszeg, Hungary. See p28.

Tuesday 9

LIVE Serbia v England
7pm ITV1 (kick-off 7.45pm)
The World Cup Group K qualifier at Rajko Mitic Stadium. The teams last met in the group stage of Euro 2024, when Jude Bellingham scored the only goal of the game to give England victory. Another tough match for the Three Lions is anticipated, with their cause not helped by Bellingham's absence. See p28.

LIVE Wales v Canada
7.20pm S4C, 7.30pm BBC1 (Wales only) & BBC3 (kick-off 7.45pm)
The international friendly. The teams last met in 2004, when a goal by Paul Parry gave Wales a 1-0 win. See p28.

LIVE Ecuador v Argentina
11.55pm Premier Sports 1 (kick-off 12m't)
The CONMEBOL World Cup qualifier staged at Estadio Monumental Banco Pichincha.

Friday 12

LIVE West Ham United v Arsenal
7pm Sky Sports Premier League & Sky Sports Mix (kick-off 7.30pm)
The Women's Super League game at Chigwell Construction Stadium.

LIVE Manchester City v Brighton & Hove Albion
7pm Sky Mix (kick-off 7.30pm)
The Women's Super League match.

LIVE Las Palmas v Real Sociedad B
7.25pm Premier Sports 2 (kick-off 7.30pm) The LaLiga 2 match at Estadio de Gran Canaria.

LIVE Partick Thistle v Airdrieonians
7.30pm BBC Scotland (kick-off 7.45pm)
The Scottish Championship match.

LIVE Bayer Leverkusen v Eintracht Frankfurt
7.30pm BBC iPlayer & BBC Sport website (kick-off 7.30pm)
The Bundesliga match at BayArena.

LIVE Ipswich Town v Sheffield United
7.30pm Sky Sports Main Event & Sky Sports Football (kick-off 8pm)
The Championship match at Portman Road. This will be the first meeting between these teams since the 2018/19 season, which saw the Blades take four points from those two encounters and featured a 1-1 draw on this ground.

LIVE Sevilla v Elche
7.55pm Premier Sports 1 (kick-off 8pm) The LaLiga match at Estadio Ramón Sanchez Pizjuán.

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Saturday

6 September

Evening Planner

Football

England v Andorra

ITV1, kick-off 5pm

England will expect a straightforward 90 minutes against Andorra in their first of this week's World Cup qualifiers.

Game Show

Win Win

ITV1, 7.15pm

Sue Perkins and Mel Giedroyc host a new game show in which viewers at home also have the chance to win big.

Documentary

Freddie Mercury: A Secret Daughter?

5, 9pm

Exploring the claims that the Queen frontman fathered a child in the 1970s.

Music

Radio 2 in the Park

BBC2, 9.10pm & 10pm

Highlights of the opening day at Hylands Park, Chelmsford followed by coverage of Bryan Adam's headlining set at 10pm.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	‹ 6.30 Michael...	7.30 Pointless Celebrities		8.20 Casualty		9.10 Annika	10.00 News	10.20 Film: What's Love Got...
	102 BBC2	‹ 4.35 RugbyUnion...	7.30 The Planets and Star Wars at the Proms				9.10 Radio 2 in the Park: Saturday...	10.00 Bryan Adams: Radio 2 in the Park	
	103 ITV1		7.15 Win Win		8.15 You Bet! on Tour		9.20 One Night	10.15 News	
	104 CHANNEL 4	‹ 6.40 F1: Italian Grand Prix Qualifying Highlights			8.10 Bettany Hughes' Lost Worlds: The...		9.10 Griff's Great American South	10.10 Film: Once Upon a Time in...	
	105 5	7.00 Secrets of the Royal Palaces			8.10 Brand Meghan: Is She Worth It?		9.10 Freddie Mercury: A Secret Daughter?		10.35 When...
	106 SKY SHOWCASE	‹ 5.30 F1: Italian...	7.30 Ted's Notebook	8.00 An Idiot Abroad 2		9.00 Film: Sherlock Holmes			
ENTERTAINMENT	115 BBC3	7.00 EastEnders				9.00 Gavin & Stacey		10.00 Two Pints of Lager and a Packet of...	
	116 BBC4		7.15 Miss Marple: A Caribbean Mystery			9.00 Dark Hearts			10.40 Wogan
	118 ITV2	‹ 6.20 Film: Stardust				9.00 Film: The Hitman's Wife's Bodyguard			
	136 MORE4	‹ 6.50 Four in a Bed				9.00 24 Hours in A&E			
	135 E4	7.00 The Simpsons				9.00 Celebrity Gogglebox		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Blue Bloods		10.00 Elsbeth	
	108 SKY ATLANTIC	‹ 6.50 Game of Thrones				9.00 Atomic		10.00 The White Lotus	
	110 U&GOLD	7.00 Only Fools and Horses				9.00 Mrs Brown's Boys	9.40 Only Fools and Horses		
	111 U&DAVE	7.00 Gavin & Stacey				9.00 Here We Go	9.40 I'm Alan Partridge		
	119 ITV3	7.00 Midsomer Murders				9.00 Vera			
	120 ITV4	‹ 5.25 Film: The Lost World: Jurassic Park		8.00 Cycling: Tour of Britain Highlights		9.00 Film: A Fistful of Dollars			
	112 COMEDY CENTRAL	7.00 Friends		8.00 Michael McIntyre's Big Show		9.00 Film: Austin Powers: International Man of Mystery			
	139 SKY SCI-FI	7.00 Star Trek: Voyager		8.00 Star Trek: Enterprise					
	113 SKY MAX	7.00 Joe Lycett's United States of...		8.00 An Idiot Abroad 2		9.00 Peacemaker		10.00 Football's Funniest Moments	
	109 U&ALIBI	7.00 Maisie Raine		8.00 Father Brown		9.00 Death in Paradise			
	124 SKY ARTS	‹ 6.35 Johnny Cash Live at Montreux		8.00 Roy Orbison Forever			9.15 The Highwaymen Live: American Outlaws		
	132 U&W	7.00 Nurses on the Ward				9.00 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Gold Divers				9.00 In the Eye of the Storm		10.00 Marooned with Ed Stafford	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Extinct or Alive		9.00 The Zoo		10.00 Surviving Joe Exotic	
	129 NAT GEO	7.00 9/11: One Day In America							
	123 SKY HISTORY	7.00 Secrets in the Ice				9.00 Alien Files Reopened			
	155 U&YESTERDAY	7.00 Bangers & Cash							
	121 SKY DOCS	7.00 Music Box				9.00 Becoming Madonna			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 The Surfer		8.00 Amongst the Wolves				9.45 The Brutalist	
	302 90s	‹ 6.00 Sleepless in Seattle		8.00 Jerry Maguire					10.20 You've Got Mail
	303 HITS	‹ 6.00 Chicago		8.00 Anyone But You				9.45 Saturday Night Fever	
	304 GREATS	‹ 5.55 Parenthood		8.00 Bean				9.45 See No Evil, Hear No Evil	
	305 ANIMATION		7.15 The Wild Thornberrys Movie			8.45 The Pirates! In an Adventure with Scientists			10.20 Piece By Piece
	306 BACK TO SCHOOL	‹ 5.45 Kung Fu...	7.25 Kung Fu Panda 4			9.05 The Lego Ninjago Movie			
	307 ACTION	‹ 5.35 Man of Steel		8.00 Spider-Man 2				10.10 Oldboy	
	308 COMEDY	‹ 6.10 Horrible Bosses		8.00 Two Weeks Notice				9.55 You, Me and Dupree	
	309 THRILLER	‹ 6.15 Poker Face		8.00 Ocean's Eight				10.00 Serpico	
	310 DRAMA	‹ 5.30 The Color Purple		8.00 The Bodyguard					10.20 The Great Escaper
	311 MONSTERS	‹ 5.50 The Mummy		8.00 The Mummy Returns					10.15 Bram Stoker's Dracula
	313 FILM4	‹ 6.45 Instant Family				9.00 Free Guy			
SPORT	401 MAIN EVENT	‹ 5.00 EFL – Live: Bromley v Gillingham		8.00 US Open Tennis – Live: Coverage of the women's final					
	402 PREMIER LEAGUE	‹ 6.00 Premier League Years		8.00 Big Interview	8.30 PL Stories	9.00 Champions Show: Liverpool		10.00 PL Special: The Centurions	
	403 FOOTBALL	‹ 5.00 EFL – Live: Bromley v Gillingham		8.00 EFL				10.00 WSL	10.30 EFL Highlights
	405 CRICKET	‹ 6.15 Vitality T20 Blast Cricket – Live: Somerset v Birmingham Bears					9.30 One-Day International Cricket		10.30 The Hundred...
	410 TNT SPORTS 1	‹ 6.00 UFC – Live: The preliminary bouts		8.00 UFC – Live: Nassourdine Imavov v Caio Borralho					
	411 TNT SPORTS 2	7.00 IFSC Climbing World Cup – Live: The men's and women's lead finals in Koper, Slovenia				9.00 MotoGP	9.30 Superbike...	10.00 British...	10.30 MLB Highlights

‹ Denotes programmes starting before 7.00pm † Regions vary

SATURDAY

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Saturday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
10.00 **Saturday Kitchen** New edition With guest Alan Davies. (S)
11.30 **Rick Stein's Cornwall** (S)(R)(AD)
12.00 NOON **Homes Under the Hammer** From Brighton. (S)(R)
12.30 PM **BBC News** (S)
12.45 **Bargain Hunt** (S)(R)
1.15 LIVE **Match of the Day: Women's Super League** Arsenal v London City Lionesses: All the action from the top-flight match at the Emirates Stadium. Kick-off is at 1.30. (S)
3.40 **The Football Interview** New edition With Lucy Bronze. (S)
3.55 **Escape to the Country** (S)(R)
4.40 **Garden Rescue** (S)(R)
5.25 **BBC News** (S)
5.35 **Local News** (S)
5.45 **The Hit List** New edition A celebrity special of the music quiz. (S)

9.10 Annika

6 PM
6.30 **Michael McIntyre's Big Show** 1/6. The comedian plays host at London's prestigious Theatre Royal Drury Lane, with Dermot O'Leary, Tony Hadley and Tom Kerridge .Plus, music from Jess Glynne. (S)(R)

7 PM
7.30 **Pointless Celebrities** Star-studded general knowledge quiz, with Lucy Fallon, Helen Flanagan, Ian 'H' Watkins, Victoria Scone, Nile Wilson, Louis Smith, Ola Labib and Simon Brodkin. (S)(R)

8 PM
8.20 **Casualty** Nicole makes a journey to her mother's house in Newcastle in an attempt to find out more about her past, and plays along when she is mistaken for a district nurse. (S)(AD)

9 PM
9.10 **Annika** 6/6. A brutal murder on Glasgow's canals hits close to home when the victim is identified as a former police officer. (S2) (S)(R)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 **BBC News** (S)
10.20 FILM **What's Love Got to Do with It?** Romantic comedy starring Lily James, Shazad Latif and Emma Thompson. As her childhood friend prepares for an arranged marriage, a film-maker decides to document his journey from London to Lahore. (S)(AD) (2022, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.05 AM FILM **My Week with Marilyn** Fact-based comedy drama starring Michelle Williams, Eddie Redmayne and Kenneth Branagh. (S)(AD) (2011, 15, 90min) ★★★★
1.35 **Weather for the Week Ahead**. (S)
1.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Children's Programmes**
8.30 **Christine's Garden** (S)(R)
9.00 FILM **The Diary of Anne Frank** Biopic starring Millie Perkins. (S) (1959, b/w, U, 165min) ★★★★
11.45 LIVE **Rugby Union: Women's World Cup** Canada v Scotland: The concluding Pool B match for both teams, held at Sandy Park, Exeter. Kick-off is at 12.00. (S)
2.15 PM LIVE **Rugby Union: Women's World Cup** Wales v Fiji: All the action from both teams' third and final Pool B match, held at Sandy Park. Kick-off is at 2.45. (S)
4.35 LIVE **Rugby Union: Women's World Cup** England v Australia: All the action from the third and final match in Pool A for both teams, held at the AMEX Stadium in Brighton. Kick-off is at 5.00. (S)

11.45 Rugby Union

LIVE **Rugby Union: Women's World Cup** (started at 4.35pm)

7.20 **Wild** Stoats living in the grounds of Kedleston Hall. (S)(R)
7.30 NEW **The Planets and Star Wars at the Proms** Actor, comedian and amateur violinist Nick Mohammed hosts a concert, with Dalia Stasevska conducting the National Youth Orchestra in John Williams' *Star Wars* suite, Caroline Shaw's *The Observatory* and Holst's *The Planets*. (S)

9.10 NEW **Radio 2 in the Park: Saturday Highlights** Performances from Hylands Park, Chelmsford, featuring Stereophonics, Ella Henderson, Marti Pellow, Jessie J, Belinda Carlisle and Ronan Keating. (S)

10.00 NEW **Bryan Adams: Radio 2 in the Park** The singer-songwriter's headline set at Hylands Park, Chelmsford, featuring a selection of his greatest hits alongside tracks from his latest album *Roll with the Punches*. *See feature, page11.* (S)
11.15 **TOTP 1991: Biggest Hits** (S)(R)
12.15 AM **TOTP: The Story of 1991** (S)(R)
1.15 FILM **Sound of Metal** Drama starring Riz Ahmed. A rock drummer begins to lose his hearing. (S)(AD) (2021, 15, 115min) ★★★
3.10 **Sign Zone: Great British Railway Journeys** In Birmingham. (S)(R)
3.40 **Sign Zone: Wayne Rooney: The Football Interview** (S)(R)
3.55 **to 6.20** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Simply Raymond Blanc** (S)(R)
6.30 **The Chase** Quiz show. (S)(R)
7.30 **Cooking with the Stars** (S)(R)(AD)
8.25 **Jimmy & Shivi's Farmhouse Breakfast** New edition With guest Yvette Fielding. (S)
9.25 **ITV News** (S)
9.30 **James Martin's Saturday Morning** New edition With Carol Kirkwood.
11.40 **Ainsley's Fantastic Flavours** Series finale Caribbean cuisine. (S)
12.40 PM **ITV News** (S)
1.00 LIVE **Racing** Coverage of today's meetings from Haydock Park, Ascot and Kempton Park. (S)
4.00 LIVE **Football: European Qualifier** England v Andorra: Mark Pougatch presents all the action from the FIFA World Cup Group K qualifier at Villa Park. Kick-off is at 5.00. *See feature, page 28.* (S)

9.20 One Night

LIVE **Football: European Qualifier** (started at 4.00pm)

7.15 NEW SERIES **Win Win** Mel Giedroyc and Sue Perkins host an interactive quiz show in which viewers get the chance to win the same prizes as the 40 contestants playing in the studio. (S)

8.15 **You Bet! on Tour** New edition 2/6. Stephen Mulhern hosts the game show as it travels around the UK to find ordinary people taking on extraordinary challenges for the chance to win £5,000. (S)(AD)

9.20 **One Night** New episode *Simone:* 4/6. Amidst the book's soaring success, fractures among the friends deepen and Simone hatches a plan to put her name on the book. (S1) (S)(AD)
■ Entire series on ITVX

10.15 **ITV News** (S)
10.35 FILM **Terminator 2: Judgment Day** James Cameron's sci-fi action thriller sequel starring Arnold Schwarzenegger as a cyborg from the future that has been programmed to protect humanity's destined saviour. With Linda Hamilton. (S)(AD) (1991, 15, 155min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Teleshopping**
3.00 **The Twelve** (S)(SL)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Fern Britton: Inside the Vet's** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.00 AM **Cheers** 1-4/26. (S10) (S)(R)
7.50 **Everybody Loves Raymond** (S)(R)
8.45 FILM **Tad the Lost Explorer and the Curse of the Mummy** Animated fantasy adventure. (S) (2022, PG, 110min) ★★★
10.35 **The Simpsons** (S)(R)(AD)
11.30 **Come Dine with Me: The Professionals** (S)(R)
12.30 PM **A Place in the Sun** (S)(R)
1.35 **Location, Location, Location** From Cambridgeshire. (S)(R)
2.35 **Kirstie and Phil's Love It or List It** Kirstie and Phil reunite with Paul and Vic from Yorkshire. (S)(R)(AD)
3.40 **Worst House on the Street** The renovation of a five-bedroom home in Balham, London. (S)(R)
4.45 **The Great British Bake Off** 1/10. A fresh batch of bakers face Cake Week. (S)(R)(AD)

9.10 Griff's Great American South

6.10 **News** (S)
6.40 **F1: Italian Grand Prix Qualifying Highlights** Steve Jones presents action from the battle for grid positions in the 15th round of the season, held at Monza Circuit. Lando Norris claimed pole position here last year, with Oscar Pisatri joining him at the front of the grid, and the McLaren duo have been the men to beat so far this season. Analysis from David Coulthard and Ariana Bravo. (S)

8.10 **Bettany Hughes' Lost Worlds: The Nabataeans** Series finale 3/3. On the final leg of her odyssey, the presenter takes to the skies to explore newly discovered Roman camps in Petra. (S)(AD)

9.10 **Griff's Great American South** Series finale 6/6. Griff Rhys Jones checks in to Charleston, South Carolina, which has a controversial history but also demonstrates the absolute in southern charm. (S)(AD)

10.10 FILM **Once Upon a Time in... Hollywood** Quentin Tarantino's drama with Leonardo DiCaprio and Brad Pitt. A faded TV actor and his stunt double strive to hang on to their careers during the final years of Hollywood's Golden Age. (S)(AD) (2019, 18, 180min) ★★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
1.10 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.00 **999: On the Front Line** (S)(R)
2.55 **24 Hours in A&E** (S)(R)(AD)
3.50 **A Place in the Sun** (S)(R)
4.15 **Location, Location, Location** (R)
5.10 **Kirstie's Fill Your House for Free**
5.25 **Escape to the Chateau** (S)(R)
5.30 **to 6.15** AM **The Simpsons** (S)(R)

+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.15 **Cruising with Jane McDonald**
9.35 **Dream Kitchens & Bathrooms with Mark Millar** (S)(R)
11.20 **Susan Calman's Grand Day Out** Triple bill. (S)(R)
2.20 PM **Secret Life of the Forest** Cameras capture the wildlife in Cropton Forests. (S)(R)
3.00 **Secret Life of the Forest** The beaver family continue to transform their habitat by building dams. (S)(R)
4.00 **Summer in the Scilly Isles** A look at a groundbreaking honeybee project. (S)(R)
5.15 **Summer in the Scilly Isles** Divers explore the wreck of a 17th-century ship. (S)(R)

6.05 Great Gardens of Europe

6.00 **News** (S)
6.05 **Great Gardens of Europe** New edition 3/4. A look at the German garden island of Mainau in Lake Constance, visiting the colourful Dahlia Garden. (S)
7.00 **Secrets of the Royal Palaces** Behind-the-scenes tales of Tudor residences with historian Jonathan Foyle tracing the story of Hampton Court Palace's creation. (S)(R)
8.10 **NEW Brand Meghan: Is She Worth It?** A look at the Duchess of Sussex's As Ever product line, with a panel of food lovers taking part in a taste-test to see how they compare. (S)
9.10 **NEW Freddie Mercury: A Secret Daughter?** A look at claims by biographer Lesley-Ann Jones that the Queen frontman fathered a child in the 1970s and had a warm and loving relationship with her. *See feature, page 21.* (S)
10.35 **When Award Shows Go Horribly Wrong** Julian Clary narrates a compilation of disasters from award ceremonies, including moments from the Oscars, the Brits, the Golden Globes and the Grammys. (S)(R)
12.35 AM **Bargain-Loving Brits in the Sun** Documentary. (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Celebrity 5 Go Fishing** The anglers arrive at Oban. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **The Flying Scotsman** (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Boosnoo! Mega Mashups**
6.15 **Ready Eddie Go!** (S)(R)(AD)
6.30 **Emerald** (S)(R)(AD)
6.55 **The Brilliant World of Tom Gates** (S)(R)(AD)
7.10 **Monkey Life** (S)(R)
8.00 **The F1 Show** (R)
9.00 **The Simpsons** (S)(R)
10.00 **Africa's Hunters** (S)(R)(AD)
12.00 NOON **The Great British Dig: History in Your Back Garden** A mill that was converted into a prisoner of war camp. (S)(R)
1.00 PM **Bone Detectives** (S)(R)
2.00 **Gillette Labs Soccer Saturday** Stay up to speed with the afternoon's football up and down the country.
5.30 **F1: Italian Grand Prix Qualifying Highlights** Action from the Monza Circuit.

9.00 Sherlock Holmes

F1: Italian Grand Prix Qualifying Highlights (started at 5.30pm)
7.30 **Ted's Notebook** Ted Kravitz reviews all the biggest stories from qualifying at the Italian Grand Prix in Monza. (R)
8.00 **An Idiot Abroad 2** Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest in Thailand. (S)(R)(AD)
9.00 **FILM Sherlock Holmes** Guy Ritchie's action adventure starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to foil a plot by a Satan-worshipping aristocrat to bring down Parliament and seize power. With Rachel McAdams, Mark Strong, Eddie Marsan and Kelly Reilly. (S) (2009, 12, 128min) ★★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
11.20 **The Paper** 1/10. Spin-off from US comedy *The Office,* starring Domhnall Gleeson. (R) **11.50** 2/10. Esmeralda forces an accelerated scramble for new stories. (S1) (R)
12.20 AM **The Office (US)** (S2) (S)(R)
2.20 **The Force: North East** (S)(R)
3.15 **Road Wars** Double bill. (S)(R)
5.00 **Nothing to Declare** (S)(R)(AD)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
No variations

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
No variations

WALES
Sky **965**, Virgin **864**, Freesat **965**
11.30am Nigel Slater's Simple Suppers (S)(R) **11.45** LIVE Rugby Union: Women's World Cup (S) **2.15pm** LIVE Rugby Union: Women's World Cup (S) **4.35** Weatherman Walking: Caldey Island (S)(R) **4.55-5.25pm** Back in the Day (S)(R)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
No variations

WALES
Sky **968**, Freesat **968**
11.45am Coast (S)(R) **12.00noon** Homes Under the Hammer (S)(R) **12.30pm** BBC News (S) **12.40** Weather (S) **12.45** Bargain Hunt (S)(R) **1.15** LIVE Match of the Day: Women's Super League (S) **3.40** The Football Interview New edition (S) **3.55** Our Lives: Dolphin Town (S)(R) **4.25-4.35pm** Blue Planet II: Into the Blue (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **8.00** Stwnsh Sadwrn **10.00** Help Llaw **10.15** Teulu'r Castell **11.15** Codi Pac **11.45** Cymry ar Gynfas **12.15pm** Prosiect Pum Mil **1.15** Efaciwis (AD) **2.15** Taith Bywyd (AD) **3.15** Colleen Ramsey: Bywyd a Bwyd **3.45** Colleen Ramsey: Bywyd a Bwyd **4.15** Garddio a Mwy **4.45** Hen Dy Newydd (AD) **5.45** Ralio: Pencampwriaeth Rali'r Byd – Paraguay **6.15** Triathlon Cymru **7.15** Newyddion a Chwaraeon **7.30** Cymry ar Gynfas **8.00** Noson Lawen **9.00** Rybish (AD) **9.30** Canu gyda Fy Arwr **10.30-11.35pm** Prosiect Pum Mil

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **EastEnders** Patrick has a big decision to make. **7.30** As everyone celebrates in the Vic, drama unfolds across the Square. **8.00** The locals are stunned by a gunshot. **8.30** More information comes to light about what has happened in Zoe's life.
9.00 **Gavin & Stacey** 5/8. Bryn tries to organise a surprise. **9.30** 6/8. Stacey tries to distract herself. (S2)
10.00 **Two Pints of Lager and a Packet of Crisps** 6/6. Janet moves in with Gaz. (S2) **10.30** 1/11. Jonny's plans are put on hold. **11.00** 2/11. Gaz tries to spice up his sex life. **11.30** 3/11. Donna plans a kinky night in. (S3)
12.00 M'T **Starstruck** 5&6/6. (S2)
12.45 AM **Stacey Dooley: Meet the Shoplifters**
1.30 **Tommy: The Good. The Bad. The Fury**
2.00 **to 4.00** AM **Two Pints of Lager and a Packet of Crisps**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Mr Benn** Animation.
7.15 **Miss Marple** *A Caribbean Mystery:* The sleuth is sent to convalesce in Barbados, where she finds life decidedly dull until a double murder breaks the monotony.
9.00 **Dark Hearts** New episode 5/6. Moktar puts pressure on the DGSE to recover funds blocked in Qatar and agrees to a meeting where he hopes to receive the money. **9.50** Series finale 6/6. The DGSE and COS wait for presidential permission to launch the rescue of Sab, with Pierre and Martin diverting Moktar while Soraya bluffs her way into the cell. Subtitled. (S2)
■ Entire series on BBC iPlayer
10.40 **Wogan** Terry Wogan is joined by actors Donald Pleasance, Martin Shaw and Debbie Rennard, and screenwriter Alan Bleasdale.
11.25 **The Newsreader** 5&6/6. Double bill. (S2)
1.20 AM **The Good Life**
1.50 **to 3.40** AM **Miss Marple: A Caribbean Mystery**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Ugly House to Lovely House with George Clarke**
9.55 **George Clarke's Amazing Spaces** A stargazing cabin.
11.00 **George Clarke's Old House, New Home**
12.00 NOON **NEW SERIES Love It or List It New Zealand** A couple who live in a 1940s villa on a five-acre plot.
1.00 PM **Four in a Bed**
3.40 **Come Dine with Me**
6.20 **Four in a Bed** This week's competition kicks off at Blackfriars in Inverness.
6.50 **Four in a Bed** The second visit is to Bogenraith House in Aberdeenshire. **7.25** Pamela hosts the third visit of the week at Cairngorms Glamping. **7.55** The B&B owners head to the Lovat Hotel in Perth. **8.25** The contenders find out which B&B has won.
9.00 **24 Hours in A&E** A woman is found to have lost five pints of blood after collapsing at home.
10.00 **24 Hours in A&E** A 15-year-old boy is brought to A&E following a daredevil stunt on a trampoline.
11.05 **999: On the Front Line**
12.10 AM **Emergency Helicopter Medics**
1.15 **24 Hours in A&E**
2.20 **Emergency Helicopter Medics** Documentary.
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **The Goldbergs**
8.25 **Lego Masters Australia**
9.40 **Ramsay's Kitchen Nightmares USA**
12.40 PM **The Big Bang Theory**
3.15 **FILM Home Alone** Comedy starring Macaulay Culkin. (1990, PG, 100min) ★★★★
5.30 **The Simpsons** *Dangerous Curves:* Homer and Marge reminisce about their past. **6.00** *Homer and Lisa Exchange Cross Words:* Homer and Lisa discover they have hidden talents.
6.30 **The Simpsons** *My Sister, My Sitter:* Lisa babysits Bart. **7.00** *Homer v the 18th Amendment:* Alcohol is outlawed in Springfield. **7.30** *Grade School Confidential:* Bart catches Principal Skinner in a compromising situation. **8.00** *The Canine Mutiny:* Bart acquires a credit card. **8.30** *The Old Man and the Lisa:* Lisa helps Mr Burns build a recycling centre.
9.00 **Celebrity Gogglebox** Famous faces appraise the week's television.
10.00 **Gogglebox** *My Mum, Your Dad* and *Welcome to Wrexham* are appraised.
11.05 **Gogglebox**
12.05 AM **First Dates**
2.10 **Below Deck: Mediterranean**
4.45 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

SATURDAY Entertainment

Saturday

Sky Witness

107 107 110 341 356

6.00 AM **Brit Cops: Law & Disorder**
7.00 **Sun, Sea and A&E**
8.00 **Motorway Patrol**
9.00 **Stop, Search, Seize**
10.00 **Send in the Dogs**
11.00 **The Force: Manchester**
12.00 NOON **Stop, Search, Seize**
1.00 PM **Bondi Rescue**
2.00 **Nothing to Declare** Ten editions, including at: **6.00** A couple are caught with a prohibited item that shocks Biosecurity. **6.30** A container from Lebanon hides illicit items.

9.00 Blue Bloods

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Caught on Dashcam Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 Blue Bloods *Collision Course:* 14/21. Danny and Baez clash with a troubled foster child. (S13)

10 PM
10.00 Elsbeth *Four Body Problem:* 17/20. The nephew of a funeral home owner goes missing. (S2)
11.00 **Law & Order: SVU** (S25)
12.00 M'T **Bull** 8/16. (S5)
1.00 AM **The Cleaning Lady** (S3)
2.00 **Caught on Dashcam** New edition Road disasters.
3.00 **FBI** 8/15. (S3)
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
9.00 **Westworld** 1–5/10. (S1)
2.30 PM **Game of Thrones** 4/10. Ellaria and the Sand Snakes vow vengeance. **3.35** 5/10. Jon enlists the help of an unexpected ally. **4.40** 6/10. Jorah and Tyrion run into slavers and the Sand Snakes mount an attack. **5.45** 7/10. Jaime attempts to reconnect with his family. **6.50** 8/10. Sansa confronts an old friend, and Jon embarks on a journey. (S5)

7.55 Game of Thrones

7.55 Game of Thrones *The Dance of Dragons:* 9/10. Arya runs into a familiar face, Mace Tyrell visits the Iron Bank, and Daenerys hosts a celebration of athleticism. (S5)

9.00 Atomic *The End of Days:* 3/5. Max and JJ are forced to try to secure safe passage to Marrakech through Syria. (S1)

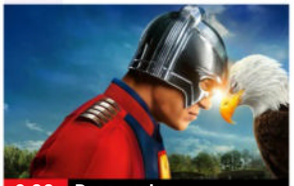
10.00 The White Lotus *Same Spirits, New Forms:* 1/8. Belinda settles in, and Chelsea deals with a moody Rick. (S3)
11.10 **The Sopranos** 5/13. Tony is happy that Furio Giunta's arrival will give him time to change the organisation.
12.10 AM **The Sopranos** 6–9/13. Four further episodes. (S2)
4.10 **Julia** 5/8. (S1)
5.05 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **SEAL Team** 3–6/20. (S3)
10.00 **Grimm** 5–8/22. (S1)
2.00 PM **The Walking Dead** 7/16. Carol seeks out an old friend living in a wilderness teeming with walkers. **3.00** 8/16. Members of a small rescue mission find themselves at risk. **4.00** 9/16. A recent loss drives the communities together. **5.00** 10/16. A new arrival opens up about the leader of a group of mask-wearing savages. **6.00** 11/16. Alpha leads efforts to retrieve her daughter. (S9)


9.00 Peacemaker

7.00 Joe Lycett's United States of Birmingham 3/4. The comedian's quest continues into the American Midwest.

8.00 An Idiot Abroad 2 3/8. Karl Pilkington travels to Australia to swim with dolphins.

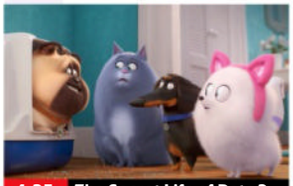
9.00 Peacemaker *Another Rick Up My Sleeve:* 3/8. Superhero action comedy spin-off starring John Cena. (S2)

10.00 Football's Funniest Moments A look back at laugh-out-loud incidents from the world of Premier League football.
11.00 **Resident Alien** 4/10. (S4)
12.00 M'T **The Paper** 1&2/10. (S1)
1.00 AM **Warrior** 3/10. (S2)
2.00 **S.W.A.T.** New episode 8/22. Hondo and the team race to stop a nuclear attack on Los Angeles. (S8)
3.00 **Road Wars** Vehicle crime.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Buying the View**
8.15 **Dress to Impress**
9.10 **Dinner Date**
10.10 **Sam and Billie: Sister Act**
11.10 **Deal or No Deal**
1.20 PM **In for a Penny**
1.50 **Celebrity Catchphrase**
2.50 **FILM Flushed Away** Animated comedy adventure. (2006, U, 85min) ★★★★
4.35 **FILM The Secret Life of Pets 2** Animated sequel with the voice of Patton Oswalt. (2019, U, 86min) ★★★


4.35 The Secret Life of Pets 2

6.20 FILM Stardust Fairytale comedy adventure starring Claire Danes and Charlie Cox. A young man enters a magical kingdom to retrieve a falling star for his beloved in exchange for her hand in marriage. (2007, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 FILM The Hitman's Wife's Bodyguard Crime comedy sequel starring Ryan Reynolds and Samuel L Jackson. Michael Bryce teams up once again with Darius Kincaid as they try to prevent a terror attack. (2020, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.05 **Family Guy** 11/20. Brian becomes a local hero. **11.30** 3/20. Stewie receives a participation medal. (S18)
12.00 M'T **American Dad!** (S14&13)
12.55 AM **Deal or No Deal**
3.00 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **On the Buses**
6.30 **A Touch of Frost**
8.50 **Doc Martin** 7&8/8. (S8)
10.50 **The Darling Buds of May**
1.05 PM **Agatha Christie's Marple** *The Blue Geranium*: The sleuth uncovers evidence that could avert a miscarriage of justice.
3.00 **Vera** *Hidden Depths*: Two victims are placed in water and surrounded by flowers.
5.00 **Midsomer Murders** *The Made-to-Measure Murders:* A woman is stabbed to death in a churchyard.

11.00 Shetland

7.00 Midsomer Murders *Small Mercies:* The peace in a sleepy hamlet is disturbed when a man's body is found tied down in a miniature village – just like the hero in *Gulliver's Travels*. Guest stars Jesse Birdsall and Olivia Colman.

9.00 Vera *Dark Road:* The detective investigates when a body is found on the Northumberland moors, and discovers the victim was a controversial figure with a complicated relationship with her family and a number of secrets.
11.00 **Shetland** 1/6. Perez and the team investigate a murder. **12.00** M'T 2/6. A discovery at the Hayes house changes the course of the case. (S5)
1.05 AM **The Real Crown: Inside the House of Windsor**
2.00 **to 3.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Martin Compston's Scottish Fling** The actor travels across his homeland with his friend Phil MacHugh. **7.45** Martin and Phil visit the Western Isles. **8.15** A journey from St Andrews to Aberdeen. **8.45** Martin and Phil explore the Highlands.
9.15 **Two Doors Down** 4/6. Ian and Gordon arrange a Father's Day treat at a carvery. (S7)
9.45 **Gary: Tank Commander** 5/6. Gary rounds up a family of protesters dressed as rabbits. (S2)
10.15 **Good for Her** Comedy sketch show.
10.35 PM **to 12.00** M'T **Simple Minds: Everything Is Possible** Documentary charting the rise of the band.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S3)
10.15 **Veep** 1–4/10. (S4)
12.55 PM **Sex and the City**
4.00 **Will & Grace** (S1&2)
6.30 **The Office (US)** Five episodes, including at: **7.30** 9/22. Michael starts monitoring e-mails sent from the office. **8.00** 10/22. Michael holds a Christmas party for his staff. **8.30** 11/22. Roy and Pam set a wedding date. (S2)
9.00 **Sarah Silverman: We Are Miracles** Stand-up.
10.15 **And Just Like That...** *Tragically Hip:* 5/10. Carrie confronts her necessary hip surgery. **11.00** *Diwali:* 6/10. Carrie's giant leap for her future self helps her embrace the past. (S1)
11.45 **FILM Coming 2 America** Comedy sequel starring Eddie Murphy. (2021, 12, 108min) ★★★
1.45 AM **Girls** 9&10/10. (S6)
2.55 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **My Favorite Things: The Rodgers & Hammerstein 80th Anniversary Concert**
8.30 **Tales of the Unexpected**
11.00 **Alfred Hitchcock Hour**
1.00 PM **FILM The Magnificent Seven** Classic Western. (1960, PG, 138min) ★★★★★
3.35 **Bob Dylan: The Other Side of the Mirror**
5.10 **The Eagles: Desperado**
6.35 **Johnny Cash Live at Montreux** From 1994.
8.00 **Roy Orbison Forever** Documentary celebrating the singer-songwriter.
9.15 **The Highwaymen Live: American Outlaws**
11.50 **Marvin Gaye, Behind the Legend**
1.10 AM **Luther Vandross: Live at Wembley Arena**
2.55 **James Brown: Live at Montreux**
4.10 **Classic Albums**
5.10 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Nothing to Declare**
8.00 **MC Grammar: Anything Is Possible**
8.05 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Nothing to Declare**
11.00 **Kenya Wildlife Diaries**
12.00 NOON **Arctic Secrets**
1.00 PM **Uptown Otters**
3.00 **David Attenborough's Wild City** Documentary.
4.00 **Weird, Wild and Wonderful** Documentary.
5.00 **Orangutan Jungle School** Documentary.
6.00 **Steve McQueen: The Lost Movie** Documentary.
7.45 **FILM The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
11.00 **FILM Ricochet** Thriller. (1991, 18, 102min) ★★★
1.00 AM **World's Most Evil Killers** Dennis Rader.
2.00 **Nothing to Declare**
5.00 **to 6.00** AM **The Force: Manchester**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Deal or No Deal Celebrity Special** *Coronation Street* star Simon Gregson takes on the infamous Banker.
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Myles tries to open the 22 red boxes in the right order, taking on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Wheel of Fortune** John, Jess and Paris try to win a potential jackpot of £50,000.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Wheel of Fortune**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Little House on the Prairie** 1–5/24. (S4)
1.00 PM **Little House on the Prairie** 6–9/24. (S4)
5.00 **FILM The Likely Lads** Comedy spin-off. (1976, PG, 90min) ★★
6.55 **FILM The Englishman Who Went Up a Hill, But Came Down a Mountain** Period comedy drama. (1995, PG, 99min) ★★★
9.00 **FILM Up Close & Personal** Romance starring Robert Redford and Michelle Pfeiffer. (1996, 15, 124min) ★★
11.35 **FILM Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
2.00 AM **The Avengers** (S5)
2.50 **Randall and Hopkirk (Deceased)** 7/26. (S1)
3.40 **M*A*S*H** 16/20. (S9)
4.05 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **The Saint**
8.25 **T100 Highlights**
9.30 **Racing: The Opening Show**
10.30 **Made in Britain**
11.00 **Snooker v Darts**
11.10 **LIVE Cycling: Tour of Britain** Coverage of the fifth stage.
3.45 PM **Football League Legends**
3.55 **River Monsters**
4.25 **The Motorbike Show**
5.25 **FILM The Lost World: Jurassic Park** Steven Spielberg's adventure sequel. (1997, PG, 129min) ★★★

9.00 **A Fistful of Dollars**

FILM The Lost World: Jurassic Park (film started at 5.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 Cycling: Tour of Britain Highlights Ned Boulting presents action from the fifth stage, a 138.4km route starting in Pontypool.

9.00 FILM A Fistful of Dollars Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small Mexican border town run by two rival gangs. With Marianne Koch. (1964, 15, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 **Wrestling: AEW Dynamite** Hard-hitting action from the world of All Elite Wrestling – including Jon Moxley, Chris Jericho and Claudio Castagnoli.
1.05 AM **BattleBots**
2.00 **The Saint**
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM Attack on Titan** Sci-fi adventure starring Michael Paré. (2022, PG, 91 min) ★★
1.00 PM **Star Trek: The Next Generation** Five episodes of the sci-fi drama, including at: **4.00** 10/26. The capricious Q offers Riker god-like powers. **5.00** 11/26. Troi learns that she is to be married. (S1)
6.00 **Star Trek: Voyager** 25/26. Part one of two. Janeway faces the ultimate confrontation. (S7)

11.00 **The Walking Dead**

7.00 Star Trek: Voyager *Endgame – Part Two:* 26/26. Last-ever episode. Janeway journeys through time. (S7)

8.00 Star Trek: Enterprise *Broken Bow – Part One:* 1/26. First episode The *Enterprise* crew embark on their maiden voyage.

9.00 Star Trek: Enterprise *Broken Bow – Part Two:* 2/26. Captain Archer meets Sarin, who reveals a conspiracy is afoot.

10.00 Star Trek: Enterprise *Fight or Flight:* 3/26. The crew members discover an abandoned ship full of dead humanoids. (S1)
11.00 **The Walking Dead** 14/24. Sebastian coerces Daryl and Rosita into pulling a heist. **12.00** M'T 15/24. Hornsby marches Daryl and troops to confront Maggie at Hilltop. **1.00** AM 16/24. Hornsby hires Leah to kill Maggie. **2.00** 17&18/24. (S11)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S18)
10.00 **Inspector Alleyn Mysteries**
12.05 PM **Inspector George Gently**
2.00 **Father Brown** Four episodes of the drama, including at: **4.00** *The Children of Kalon:* A troubled soul from the past returns to Kembleford. **5.00** *The Final Devotion:* The sleuthing priest joins forces with Flambeau to search for a lost treasure in a castle.
6.00 **Maisie Raine** 3/6. The theft of DC Tomlin's warrant card causes problems. (S2)

9.00 **Death in Paradise**

7.00 Maisie Raine *Old Scores:* 4/6. Maisie investigates a fire-bombing at the home of a former police officer. (S2)

8.00 Father Brown *The Lord of the Dance:* A TV dancing contest turns deadly. Guest stars Angela Rippon.

9.00 Death in Paradise *Murder in the Stars:* 1/8. An eminent astronomer dies in mysterious circumstances.

10.00 Death in Paradise *The Communal Death:* 2/8. A member of a commune is poisoned in a locked bunker. (S12)
11.00 **The Company You Keep** 9/10. Realising they want the same thing, Emma and Daphne agree to work together to take down the Maguires. (S1)
12.00 M'T **Father Brown**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Only Fools and Horses**
12.40 PM **Only Fools and Horses** Eight episodes, including at: **5.00** First episode of the comedy. Rodney tires of being dogsbody to his wheeler-dealing brother Del Boy and decides to move out. **5.40** Del Boy and Rodney celebrate a used-car deal with a night out in the West End. **6.20** Del Boy gets his hands on a statue of a Hindu god – which plunges him into the middle of an age-old feud between rival families.

9.00 **Mrs Brown's Boys**

7.00 Only Fools and Horses One of Del's old flames turns up out of the blue. **7.40** Del Boy decides to enter the highly profitable tourist trade. **8.20** Del Boy acquires a nuclear fallout shelter, so he, Rodney and Grandad have a practice run.

9.00 Mrs Brown's Boys Agnes plans to throw Trevor an unforgettable leaving party.
9.40 Only Fools and Horses Christmas special from 2003. Del and Rodney have only two weeks to find the cash they need to pay the Inland Revenue, or face losing their cherished flat in Nelson Mandela House.
11.20 **Blackadder: The Lost Pilot** Tony Robinson introduces the previously unseen pilot episode.
12.40 AM **The Thin Blue Line**
1.20 **to 4.00** AM **Only Fools and Horses**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Storage Hunters UK**
9.00 **Railroad Australia**
11.00 **Top Gear** With Tim Rice.
12.00 NOON **World's Most Dangerous Roads**
1.00 PM **Our Guy in Colombia**
2.00 **Alison & Larry: Billericay to Barry** The duo get lost in the maze at Blenheim Palace.
3.00 **Would I Lie to You?** Six editions, including at: **6.20** With guests Phil Wang, Maggie Aderin-Pocock, Jason Watkins and Adam Woodyatt.

9.40 **I'm Alan Partridge**

7.00 Gavin & Stacey Bryn tries to organise a surprise party for Gwen's birthday. **7.35** The newlyweds begin leading separate lives back in their home towns. **8.15** The newlyweds must put aside their differences when Nessa goes into labour a month early.

9.00 Here We Go Robin's attempt to stop Cherry's wedding in Scotland fails.
9.40 I'm Alan Partridge Alan runs into trouble when he gives a talk to the students at his old school. **10.20** Alan agrees a deal to host a corporate sales conference.
11.00 **Not Going Out** Lee does jury service and manages to put the other 11 jurors on trial.
11.35 **Not Going Out**
12.55 AM **Would I Lie to You?**
2.25 **QI XL** With Desiree Burch.
3.10 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Come Dine with Me**
11.30 **A Place in the Sun**
12.30 PM **Kirstie and Phil's Love It or List It: Brilliant Builds**
1.00 **The Dog House**
2.00 **A Place in the Sun**
3.00 **A Place in the Sun: What Happened Next?**
4.00 **A Place in the Sun**
8.00 **The Great British Bake Off: An Extra Slice** Jo Brand and Tom Allen meet the first baker to leave the tent.
9.00 **Grand Designs** A couple build a floating home on a tidal estuary near Worthing.
10.00 **FILM American Pie** Teen comedy starring Jason Biggs. (1999, 15, 96min) ★★★★
11.55 **Gogglebox** Double bill.
2.00 AM **Great British Bake Off: An Extra Slice**
3.00 **Location, Location, Location** Property show.
4.00 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.00 PM **NCIS** (S17&18)
6.00 **NCIS** *Everything Starts Somewhere:* 2/16. Flashbacks reveal the case that first introduced young Gibbs to NCIS. **7.00** *Blood and Treasure:* 3/16. The team embark on a spot of modern-day treasure hunting. **8.00** *Sunburn:* 4/16. Gibbs worries when his search for Fornell leads to blood. (S18)
9.00 **Criminal Minds** *Full-Tilt Boogie:* 11/22. The BAU team investigate an attempted homicide. **10.00** *Bad Moon on the Rise:* 12/22. Several bodies are found in New York's Central Park. (S13)
11.00 **Law & Order: Special Victims Unit** (S19)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S2)
10.00 **Shoplifters: Caught Red Handed** Triple bill.
1.00 PM **Shoplifters & Scammers: At War with the Law**
2.00 **Car Pound Cops**
4.00 **Nightmare Tenants, Slum Landlords** Five editions, including at: **8.00** A couple seek help when their tenants invite their abusive friends in to squat.
9.00 **FILM RoboCop** Sci-fi thriller remake starring Joel Kinnaman. (2014, 12, 113min) ★★★
11.20 **FILM Basic** Thriller starring John Travolta and Connie Nielsen. (2002, 15, 98min) ★★
1.25 AM **Banged Up Abroad**
2.20 **Call the Bailiffs: Time to Pay Up**
3.10 **to 4.00** AM **Casualty 24/7: Every Second Counts**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Traffic Cops**
10.15 **MacGyver** (S1&2)
3.00 PM **FILM A Reason to Live, A Reason to Die** Spaghetti Western starring James Coburn and Telly Savalas. (1972, PG, 92min) ★★★
4.55 **FILM Chief Crazy Horse** Western starring Victor Mature. (1955, PG, 88min) ★★
6.45 **FILM Big Jake** Western starring John Wayne. (1971, 15, 110min) ★★★
9.00 **FILM Mercury Rising** Thriller starring Bruce Willis. A jaded FBI agent goes on the run with an autistic nine-year-old boy who has cracked a secret code. (1998, 15, 110min) ★★★
11.15 **Police Interceptors**
12.15 AM **Fights, Camera, Action!** Triple bill.
3.20 **Motorway Patrol**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **The Bill**
11.00 **Tipping Point**
3.00 PM **Nurses on the Ward** Six editions, including at: **7.00** Caroline treats a father-of-four with severe pancreatitis. **8.00** Renee, Caitlin and James struggle to find a work-life balance.
9.00 **One Born Every Minute** A 17-year-old expectant mother suffering from pre-eclampsia has an emergency caesarean. **10.00** TV presenter Myleene Klass opens a new birthing pool at the hospital, and delivery suite manager Gail Wright worries about the event running smoothly.
11.00 **Emergency: First Time Medics** Double bill.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.15 AM **Birds of a Feather**
8.25 **Lovejoy** Triple bill.
11.50 **Father Brown**
1.50 PM **Call the Midwife**
3.10 **New Tricks**
5.05 **Signora Volpe**
7.00 **The Brokenwood Mysteries** *Stone Cold Dead:* 2/4. Mike and his team investigate the death of a woman struck by an arrow. (S4)
9.00 **The Count of Monte Cristo** New episode 6/8. Edmond introduces Vampa, now posing as the wealthy Count of Spada, into society. (S1) ■ Entire series on U
10.15 **Judge John Deed** *Silent Killer:* A couple believe a mobile phone mast is to blame for their illnesses and try to sue the council.
12.10 AM **Call the Midwife**
1.30 **The Heart Guy**
2.25 **to 4.00** AM **The Brokenwood Mysteries**

+1 hr 243 316 60 260

Saturday

Really

142 150 128 17 145 18

6.00 AM **Fantasy Homes by the Sea** From Dorset.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
10.00 **The Yorkshire Auction House** Triple bill.
1.00 PM **Antiques Road Trip**
6.00 **The Hotel Inspector**
8.00 **Saving Lives at Sea** An RNLI crew race to the rescue of a diver off the Dorset coast.
9.00 **The Yorkshire Auction House** Angus Ashworth helps a pair of siblings to clear their late parents' home in Huddersfield. **10.00** A man asks Angus to clear his late father's home, which is packed with unusual items from East Asia. **11.00** A haul of silver leaves Angus speechless.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
8.00 **Pointless Celebrities**
9.00 **Bruce's Price Is Right**
10.00 **Bruce Forsyth's Generation Game**
11.20 **All Star Family Fortunes**
12.00 NOON **Dickinson's Real Deal** In Stoke-on-Trent.
1.00 PM **Strike It Lucky**
3.00 **Bullseye** Double bill.
4.00 **The Chase Celebrity Special** With Faye Tozer, Ben Cohen, Sara Pascoe and Jamie Theakston. **5.00** Carrie Grant, Christian O'Connell, Naomi Wilkinson and Dave Johns take part.
6.00 **The Chase** Triple bill of the quiz show.
9.00 **The Chase Celebrity Special** With Sam Quek, Basil Brush, Andi Peters and Charlie Higson.
10.00 **The Chase** Quiz show.
11.00 **Bullseye** Ten editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.10 AM **The High Chaparral**
11.10 **FILM** **The War Lover** Melodrama. (1962, b/w, PG, 105min) ★★★
1.30 PM **FILM** **The Secret of Convict Lake** Western. (1951, PG, 83min) ★★
3.25 **FILM** **Buchanan Rides Alone** Western drama. (1958, U, 78min) ★★
5.20 **FILM** **El Dorado** Vintage Western starring John Wayne. (1966, PG, 126min) ★★★★
8.00 **FILM** **True Grit** Oscar-winning Western. (1969, PG, 128min) ★★★★★
10.40 **FILM** **Sink the Bismarck!** World War Two naval drama. (1959, b/w, U, 97min) ★★★
12.50 AM **The Persuaders!**
2.50 **Cops Uncut**
3.45 **FILM** **Disaster Zone: Volcano in New York** Disaster drama. (2006, 12, 90min) ★★
5.15 **to 5.40** AM **Cops Uncut**
+1hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **Police Ten 7**
8.50 **Diagnosis Murder**
10.50 **FILM** **Lost Letter Mysteries: Signed Sealed Delivered** Drama. (2013, PG) ★★
12.40 PM **FILM** **Lost Letter Mysteries: Time to Start Livin'** (2014, PG) ★★
2.35 **Ruth Rendell Mysteries: Road Rage**
7.05 **FILM** **Murder 101: Locked Room Mystery** Crime drama. (2008, PG, 90min) ★★
9.00 **FILM** **Mystery 101: Pilot** Crime drama. (2019, PG, 89min) ★★
10.55 **FILM** **Cries in the Dark** Suspense thriller. (2006, PG, 90min) ★★
1.05 AM **FILM** **Killing Your Daughter** Thriller. (2019, PG, 95min) ★★
2.50 **FILM** **Too Late to Say Goodbye** Thriller. (2009, PG) ★★★
4.25 **to 4.50** AM **Police Ten 7**
+1hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM** **A Shoe Addict's Christmas** Fantasy. (2018, PG) ★★
10.05 **FILM** **Road to Christmas** Drama. (2018, U) ★★
12.00 NOON **FILM** **Charming Christmas** Drama. (2015, PG, 85min) ★★
2.00 PM **FILM** **Love You Like Christmas** Festive drama. (2016, U, 88min) ★★
4.00 **FILM** **Christmas Love Letter** (2019, PG) ★★
6.00 **FILM** **Hearts of Christmas** Drama. (2016, PG, 86min) ★★
8.00 **FILM** **Welcome to Christmas** Festive drama. (2018, PG, 91min) ★★
9.50 **FILM** **Angel of Christmas** Drama. (2015, PG, 85min) ★★
11.55 **FILM** **A Dream of Christmas** (2016, U) ★★
1.55 AM **FILM** **A Christmas Crush** (2019, PG) ★
3.35 **to 5.00** AM **FILM** **Love You Like Christmas**
+1hour 320

Rewind TV

182 81 141

6.00 AM **Sherlock Holmes**
7.00 **I Dream of Jeannie**
8.00 **A Sharp Intake of...**
9.30 **Jokers Wild**
10.00 **Please Sir!** (S3)
11.30 **Jokers Wild**
12.00 NOON **Carry On...**
1.00 PM **FILM** **Press for Time** (1966, U) ★★
3.00 **Don't Drink the Water**
4.00 **Bubblegum & Cheese**
5.00 **Jokers Wild**
5.30 **A Sharp Intake of Breath** 2/3. (S3)
6.00 **We Had One of Those**
6.10 **A Sharp Intake of Breath** (S3&4)
7.10 **Please Sir!** 3-5/14. (S3)
8.40 **Carry On Laughing** (S1)
9.40 **Police Woman** (S1)
10.40 **Stereo Underground**
11.40 **Don't Drink the Water**
12.40 AM **Jokers Wild**
1.10 **FILM** **Press for Time**
3.10 **Jokers Wild**
4.10 **Stereo Underground**
5.00 **to 6.00** AM **Bubblegum & Cheese**

DMAX

159 152 169 39 147 35

6.00 AM **Deadliest Catch**
10.00 **Outback Opal Hunters**
1.00 PM **Gem Hunters Down Under** Triple bill.
4.00 **Aussie Gold Hunters**
7.00 **Hoarding: Buried Alive** A woman risks eviction after her next-door neighbour reports her. **8.00** A woman denies she is a hoarder, but a home filled with clutter tells a different story.
9.00 **The Bad Skin Clinic** A woman with open, weeping wounds. **10.00** A man with deep scars on his face.
11.00 **Body Bizarre** The 'Tree Man' of Bangladesh. **12.00** M'T A man who is over seven feet tall. **1.00** AM A two-year-old born with an extra arm growing out of his back.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**
+1hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Barefoot Contessa: Back to Basics**
12.00 NOON **Nigel Slater's Simple Cooking**
1.00 PM **James Martin's Great British Adventure**
3.00 **Rick Stein's Seafood Odyssey** Eight editions.
7.00 **Jamie's Easy Meals for Every Day** Double bill.
8.00 **Diners, Drive-Ins and Dives** Guy Fieri tries Philly cheesesteak. **8.30** Guy tries hush puppies in Portland. **9.00** Guy digs into all kinds of meat. **9.30** Guy checks out the food scene in Cuba.
10.00 **Cutthroat Kitchen: Knives Out** New edition Brian Malarkey asks the chefs to make fancy romantic dinners.
11.00 PM **to 3.00** AM **Diners, Drive-Ins and Dives**
+1hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM** **Incident at Phantom Hill** Western. (1966, U, 88min) ★★
9.00 **Charlie's Angels** (S1)
2.00 PM **FILM** **Sahara** World War Two drama. (1943, b/w, PG, 97min) ★★★
3.55 **FILM** **They Made Me a Fugitive** Thriller. (1947, b/w, PG, 104min) ★★
5.55 **FILM** **The Criminal** Crime drama. (1960, b/w, 12, 97min) ★★★
8.00 **The Twilight Zone** (S1)
9.00 **FILM** **Reign of Fire** Sci-fi adventure starring Christian Bale. (2002, 12, 102min) ★★★
11.05 **FILM** **Dragon Blade** Action adventure starring Jackie Chan. (2015, 15, 101min) ★★
1.05 AM **FILM** **Fortress** Thriller starring Bruce Willis. (2021, 15, 99min) ★★
3.00 **to 4.50** AM **FILM** **Dracula: Prince of Darkness** Horror chiller. (1965, 15, 90min) ★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM** **The Pledge** Western drama. (2008, PG, 79min) ★★★
8.00 **FILM** **Mega Shark vs Kolossus** Fantasy thriller. (2015, 12, 90min) ★
10.00 **FILM** **Independents' Day** Sci-fi adventure. (2016, 15, 91min) ★★
12.00 NOON **FILM** **Triassic Hunt** Fantasy adventure. (2021, 15, 86min) ★★
2.00 PM **FILM** **The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
4.00 **Andromeda** (S1)
9.00 **FILM** **Bullet to the Head** Action thriller starring Sylvester Stallone. (2012, 15, 89min) ★★★
10.50 **FILM** **Lucky Number Slevin** Darkly comic thriller starring Lucy Liu and Josh Hartnett. (2006, 18, 110min) ★★★
1.00 **to 3.00** AM **FILM** **Bullet to the Head** As 9.00pm.
+1hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Container Wars**
8.00 **Pawn Stars** Double bill.
10.00 **Strange Evidence**
12.00 NOON **World's Most Unexplained...**
1.00 PM **Strangest Things**
2.00 **Cursed Histories**
4.00 **Alien Files: Unsealed**
7.00 **Ancient Aliens** Possible evidence that the Maya came in contact with extraterrestrial visitors. **8.00** The ancient belief in stargates.
9.00 **America's Greatest Prison Breaks** An account of the breakout of escaped killers Richard Matt and David Sweat.
10.55 **National Park Mysteries** The Chaco Culture National Historical Park.
11.20 **Weird or What? With William Shatner**
1.10 AM **The UnXplained with William Shatner**
3.00 **to 6.00** AM **Hardcore Pawn**

5SELECT

153 166 138 46 133 30

9.00 AM **All Creatures Great and Small** 2-4/7. (S4)
12.00 NOON **Murder, She Wrote** Five episodes.
5.00 PM **Digging Up Britain's Past** Double bill.
7.00 **The Pacific War in Colour** America advance towards Japan in 1943. **8.00** Dramatic colour film captures the invasion of Saipan.
9.00 **Warship: Life in the Royal Navy** An unprecedented look at the Royal Navy. **10.00** JJ Chalmers joins the latest troop of Royal Marines recruits. **11.00** JJ takes on the endurance course at the Commando Training Centre.
12.00 M'T **Drain the Oceans**
1.00 AM **Sunken Warships: Secrets from the Deep**
2.05 **Forged in Fire**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **A Place in the Sun**
11.00 **My Lottery Dream Home** Eight editions.
3.00 PM **Escape to the Country** Five editions.
8.00 **My Dream Derelict Home** Following the efforts of a carpenter from Portsmouth as he attempts to transform a tired Georgian mansion into a glorious home with modern glazing. **9.00** Simon O'Brien follows the fortunes of a couple who had considered emigrating to Australia until they decided instead to convert a run-down eight bedroom Victorian mansion near Hartlepool.
10.00 **Escape to the Country** Triple bill. People search for their ideal rural retreats with the help of a property expert.
1.00 **to 4.00** AM **Home Town**
+1hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress** Five editions.
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing** Double bill.
1.00 PM **My 600lb Life**
5.00 **The Family Chantel**
6.00 **Say Yes to the Dress: Atlanta** Double bill.
7.00 **sMothered** Cher struggles to keep her pregnancy a secret from her mother.
8.00 **Dr Pimple Popper** Four editions, including at: **11.00** Roger returns and hopes Dr Lee can help with his nose growths.
12.00 M'T **Sex Sent Me to the ER** A man gets a nasty Valentine's Day surprise.
1.00 AM **Extreme Couponing** Double bill
2.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Curvy Brides Boutique**
+1hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Most Ridiculous**
9.00 **Michael McIntyre's Big Show** As 8.00pm.
10.00 **Friends** (S2)
7.00 PM **Friends** 19/24. Joey starts house-hunting. **7.30** 20/24. Ross makes plans for the future with Rachel. (S2)
8.00 **Michael McIntyre's Big Show** With Bradley Walsh and Kylie Minogue.
9.00 **FILM** **Austin Powers: International Man of Mystery** Spy spoof with Mike Myers. (1997, 15, 95min) ★★★★
11.00 **Police Squad!** (S1)
12.00 M'T **Iain Stirling's Roast the Internet**
1.00 AM **CC Live: Stand Up Shorts** With Dee Allum.
1.30 **Whose Line Is It Anyway? USA**
2.30 **South Park**
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Joel & Nish vs the World**
+1hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Friends** (S2)
10.00 **Everybody Loves Raymond** (S7&8)
8.00 PM **Friends** 17/24. Rachel begins to feel smothered by Ross's constant attention. **8.30** 18/24. Chandler's flatmate Eddie becomes increasingly annoying. **9.00** 19/24. Joey starts house-hunting. **9.30** 20/24. Rachel begins to resent Ross planning their future. **10.00** 21/24. Chandler and Ross face two bullies. **10.30** 22/24. Rachel has an eventful birthday. (S2)
11.00 **Friends** (S2&3)
2.00 AM **Impractical Jokers**
3.00 **Utopia** 1-3/8. (S1)
4.05 **Broad City** 7&8/10. (S5)
5.05 **Beavis and Butt-Head**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **NCIS: New Orleans**
2.00 PM **Motorway Patrol**
4.00 **Blood & Treasure**
6.00 **Hold the Front Page**
8.00 **SEAL Team** *Containment:* 11/22. The unit are sent to intercept the sale of nuclear weapons. **9.00** *The Upside Down:* 12/22. Clay is caught in a life-threatening situation. **10.00** *Getaway Day:* 13/22. The unit are deployed to Afghanistan. **11.00** *Call Out:* 14/22. Mandy discovers some disturbing information. **12.00** M'T *No Man's Land:* 15/22. Mandy confronts the owner of the red Mercedes. (S1)
1.00 AM **There's Something About Movies**
2.00 **A League of Their Own Road Trip: Southeast Asia** Double bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Seven editions of the series, including at: **7.00** A Long Island girl discovers her Tennessee sweetheart is not quite what he seems.
8.00 **Catfish: Scammed** A stepdad-to-be hopes the single mum he met online is the real deal.
9.00 **Ink Master Redemption** Tatu Baby seeks out her unhappy Canvases. **9.30** Emotions run high when fuming Canvases return with an overprotective parent.
10.00 **Ink Master** Reality show.
11.00 **Ink Master: OGs vs Young Guns**
2.45 **to 4.00** AM **The Challenge: Vets & New Threats**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Alaska: Homestead Rescue** Triple bill of editions.
12.00 NOON **Naked and Afraid** Legend Laura Zerra returns to mentor two newcomers. **2.00** PM Four men seek to redeem past failures on a forgotten lake deep in the Philippine jungle. **4.00** A series legend joins two new survivalists in the brutal Kentucky backwoods.
6.00 **Deadliest Catch** Four hundred miles west of traditional grounds, *Wizard* captains Keith and Monte come to blows.

6.00 Alaska: Homestead Rescue

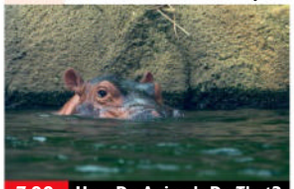
7.00 **Gold Divers** Part one of two. At the midpoint of the mining season, tensions are running high.
8.00 **Gold Divers** Part two of two. Zeke hits a 'cheesy' gold-rich spot, but the rest of the fleet faces new setbacks and foes.
9.00 **In the Eye of the Storm** In 2023, eyewitnesses film their attempts to escape the worst natural disaster in Maui history.
10.00 **Marooned with Ed Stafford** Ed hunts the elusive warthog while undergoing a survival challenge in Namibia.
11.00 **Expedition Bigfoot** Biko howls into the night during a stakeout with Mireya.
12.00 M'T **Deadliest Catch** For the first time, Junior has to call on the chase boat.
1.00 AM **Deadliest Catch**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **The Dark Side of the Sun**
10.00 **Lone Star Law**
11.00 **Wild Mexico**
12.00 NOON **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Cats with troublesome temperaments. **4.00** Feline Einstein experiences mood swings.
5.00 **Megalodon: The Monster Shark Lives** Examining one of the largest predatory marine creatures in history.



7.00 How Do Animals Do That?

7.00 **How Do Animals Do That?** A look at how a lizard can walk on water. **7.30** How a barn owl catches prey it can't see.
8.00 **Extinct or Alive** Forrest Galante is determined to find out if the famously reclusive Ivory Billed Woodpecker still exists
9.00 **The Zoo** The keepers face unexpected setbacks weaning a bright sea lion pup off her mother's milk.
10.00 **Surviving Joe Exotic** Joe Exotic gives one of his last interviews before his arrest. Plus, ex-employees reveal the truth about his infamous zoo.
11.00 **Alaska: The Last Frontier** The Kilchers struggle through a harsh winter, and Atz, Lee and Jane search for food.
12.00 M'T **Life at Vet University**
2.00 AM **Alaskan Bush People**
3.00 **Extinct or Alive**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Plane Crash Recreated**
10.00 **Inside Airport Lost & Found**
11.00 **Air Crash Investigation**
1.00 PM **WW2: Hell Under the Sea** Double bill of editions.
3.00 **Lost Ships of WW2** A debris trail that lies 8,000ft deeper underwater than the *Titanic*.
4.00 **Liberation: D-Day to Berlin** Exploring the end of World War Two in Western Europe. **5.00** How Belgium and the Netherlands were freed.
6.00 **Construction Fails** How a tanker truck rolled over.

7.00 9/11: One Day in America

7.00 **9/11: One Day in America** Featuring personal accounts of the World Trade Center attacks, beginning with firefighters who raced to rescue trapped civilians.
8.30 **9/11: One Day in America** Personal stories of survivors who made it out of the south tower and the paramedics who came to their aid.
9.30 **9/11: One Day in America** Featuring personal accounts of the hijack of Flight 93.
10.30 **9/11: One Day in America** The toxic dust cloud that surrounded the impact site.
11.30 **9/11: One Day in America** The story of a group of firefighters who survived the collapse of the north tower.
12.30 AM **Air Crash Investigation**
2.30 **Food Factory** Triple bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Money Meltdown**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars**
7.00 **Storage Wars** Four editions.
9.00 **Death Coast** Documentary.
10.00 **Black Sea Mystery: Lost Worlds** Double bill.
12.30 PM **Pawn Stars** Seven editions of the series, including at: **4.00** The experts check out a supercharged motorcycle.
5.00 **The Great British Dig: History in Your Back Garden** A mill that was converted into a prisoner of war camp.
6.00 **Bone Detectives** Scotty Moore heads to Scotland.

9.00 Alien Files Reopened

7.00 **Secrets in the Ice** How and why humans have become frozen in time, including a lake filled with human remains.
8.00 **Secrets in the Ice** The fate of a British South American Airways flight, which disappeared in a snowstorm in 1947.
9.00 **Alien Files Reopened** The claims of Billy Meier, who believed he travelled on a beamship with extraterrestrial friends.
10.00 **Alien Files Reopened** How Paul Bennewitz crossed the US military after believing he had found a top secret lab.
11.00 **History's Greatest Mysteries** The death of notorious mobster Bugsy Siegel, who was gunned down in his Beverly Hills living room.
12.00 M'T **Forged in Fire** Four smiths are tasked with forging a signature blade from a bicycle.
1.00 AM **Forged in Fire**
2.00 **Secrets in the Ice**
4.00 **to 6.00** AM **Pawn Stars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **American Pickers: Best Of**
10.00 **Bangers & Cash**
11.00 **Find It, Fix It, Flog It**
1.00 PM **'Allo 'Allo!** Triple bill.
3.00 FILM **A Dangerous Man: Lawrence After Arabia** Historical drama starring Ralph Fiennes and Denis Quilley. (1991, PG, 104min) ★★
5.15 **'Allo 'Allo!** Michelle plans for Rene to go to England.
6.00 **Flipping Bangers** Will and Gus buy a 1973 Mk 4 Spitfire.

6.00 Flipping Bangers

7.00 **Bangers & Cash** Derek is reunited with the vehicle he took his driving test in – a 1957 Ford 100E Estate.
8.00 **Bangers & Cash** Derek heads to Scotland to collect a 'special' Bentley that has been created by a very talented amateur.
9.00 **Bangers & Cash** Dave and Jack head to East Yorkshire to pick up a dusty Alfa Romeo and a 1930s Jowett.
10.00 **Bangers & Cash** With help from the family, Derek drags a Mini pickup out of the barn where it's been stuck for 20 years.
11.00 **Bangers & Cash** Four VW camper vans pitch up at the auction house looking for a new home, and Derek picks up an Austin 16. **12.00** M'T Derek auctions off a Jensen Interceptor and a Jensen Healey.
1.00 **to 3.00** AM **Bangers & Cash**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **World's Greatest Cars** Double bill.
8.00 **Mike Brewer: Born Dealer** Motoring series.
9.00 **Wheeler Dealers**
2.00 PM **Mike Brewer: Born Dealer** Motoring series.
3.00 **MotoGP**
4.00 **Shed and Buried**
6.00 **Shed and Buried: Classic Cars**
7.00 **Cycling: Vuelta a España** Stage 14.
8.00 **Shed and Buried: Classic Cars**
9.00 **Massive Engineering Mistakes** In Kentucky, Corvettes fall into a pit. **10.00** In Kansas City, the weather brings down the roof of a stadium.
11.00 **Gem Hunters Down Under** Double bill.
1.00 AM **Ancient Unexplained Files**
3.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Curvy Brides Boutique**
12.00 NOON **Forensic Detectives** Triple bill.
3.00 PM **10 Steps to Murder**
9.00 **Murder on CCTV** New edition The story of Merrilee Cox-Lafferty, who disappeared in Utah.
10.00 **Crime Scene Investigators** New edition Missouri firefighters find the body of single mother.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** Police receive a call saying a man has fallen into freezing waters.
7.00 **Secrets of a Murder Detective** The investigation into the 2015 murders of Sian Blake and her two sons. **8.00** A look at the 2013 murder of 17-year-old Champion Ganda.
9.00 **Descent of a Serial Killer** Dr Bryanna Fox and her fellow experts investigate Oscar Bolin's descent into a killer. **10.00** The crimes of Chester Turner, who violently assaulted and killed several women.
11.00 **See No Evil**
12.00 M'T **Secrets of a Murder Detective**
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Five editions.
2.00 PM **Fraud Squad** Investigators track a hospital worker who has stolen surgical equipment. **3.00** A scam cons a group of NHS hospitals out of over twelve and a half million pounds.
4.00 **Crimes That Shook Australia** The tragic story of four-year-old Darcey Freeman, who was thrown to her death from a Melbourne bridge by her father in 2009. **5.00** The 1986 bombing of police headquarters on Russell Street, Melbourne, which killed 21-year-old police constable Angela Taylor.
6.00 **Judge Judy** Real-life small-claims cases.
12.15 AM **Judge Judy**
2.00 **Fraud Squad**
4.00 **48 Hours** Documentary.
4.45 **to 6.00** AM **Facing Evil**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **The Force: Manchester**
8.00 **Highway Patrol**
9.00 **Snapped**
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 NOON **Murder in Slow Motion** Documentary.
1.00 PM **The Real Manhunter**
2.00 **Catching the Killer**
3.00 **Killer in My Village**
4.00 **What the Killer Did Next** Nicola Stephenson.
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Catching the Killer**
9.00 **Killer in My Village**
10.00 **Catching the Killer**
11.00 **World's Most Evil Killers**
12.00 M'T **The Killer Within**
1.00 AM **Murder Uncut**
2.00 **Murdered at First Sight**
3.00 **What the Killer Did...**
4.00 **Road Wars**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Elmore Leonard: But Don't Try to Write**
9.30 **Hitler's Propaganda Machine** Triple bill.
1.00 PM **1066: A Year to Conquer England**
5.00 **Hitler's Propaganda Machine** Triple bill of editions, including at: **7.20** A look at how Hitler's ambitions spread beyond Germany, drawing the world toward another war.
8.35 **The Wheelchair President** 1/2. The cover-up of American president Franklin Roosevelt's failing health. **9.40** 2/2. Franklin Roosevelt's leadership in World War Two.
10.40 **Elmore Leonard: But Don't Try to Write** The legacy and works of the crime novelist.
12.00 M'T **Jurassic Cash**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

SATURDAY

Saturday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Michelle Pfeiffer**
7.00 **Discovering: Mel Gibson**
8.00 **The Directors**
9.00 **FILM The Kid Stays in the Picture** Documentary. (2002, 15, 93min) ★★★
11.00 **Be Water** Documentary.
1.00 PM **Bobby Robson: More Than a Manager** Exploring the career of the much-loved former football manager
3.00 **Pee-wee as Himself** 1&2/2. The life and career of actor and comedian Paul Reubens.
7.00 **Music Box** A look at Alanis Morissette's rise to fame.
9.00 **Becoming Madonna** Documentary charting Madonna's rise to stardom.
11.00 **The Yogurt Shop Murders**
1.30 AM **Chernobyl: My Promised Land** Documentary.
2.00 **NEW SERIES Death of a Showjumper** 1/3. Exploring the events surrounding the death of Katie Simpson in 2020.
3.00 **Yacht Rock: A Dockumentary**
5.00 **to 6.00** AM **The Directors**

Sky Nature

145 113/114 189 354 369

6.00 AM **Weird, Wild and Wonderful** Documentary.
7.00 **Africa's Wild Roommates: How Animals Share Bed and Board** Documentary.
8.00 **After the Wildfires**
9.00 **Kingdom of the Tide**
10.00 **Africa's Hunters**
12.00 NOON **Deep Dive North America** Documentary.
1.00 PM **Coral City**
2.00 **Becoming Orangutan**
5.00 **David Attenborough's Galapagos** Triple bill.
8.00 **Battle of the Alphas** The battles that rage between animals of the African savannah. **8.30** Creature conflicts in India.
9.00 **Attack and Defend** A look at animals that prey on insects. **9.30** Focusing on creatures that have evolved as hunters.
10.00 **City Wildlife Rescue**
12.00 M'T **Battle of the Alphas**
1.00 AM **Attack and Defend**
2.00 **Wild Canary Islands**
3.00 **Amazing Animal Friends**
4.00 **to 6.00** AM **Hope for Wildlife: The Next Generation**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Abyss: Rise & Fall of the Nazis** Triple bill of editions.
11.00 **Digging for Britain**
2.00 PM **Craig Charles: UFO Conspiracies** Double bill.
4.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
6.00 **Digging for Britain** Life during the Bronze and Iron ages. **7.00** Archaeological digs at sites dating back to Viking times. **8.00** Archaeological digs in the west of Britain.
9.00 **Gangland Chronicles** A look at trafficking organisation Sinaloa. **9.30** A look into how John Gotti rose as the new don of the Gambino family.
10.00 **Secrets of the Hells Angels** The world of the secretive and notorious biker club.
11.00 **Ancient Aliens** The top 10 amazing discoveries. **12.00** M'T The top 10 mysterious monoliths.
1.00 AM **Digging for Britain**
3.00 **to 6.00** AM **The Abyss: Rise & Fall of the Nazis**

Crime+Investigation

156 142 133

6.00 AM **On the Case with Paula Zahn** Triple bill of editions.
8.55 **Court Cam** Six editions.
11.45 **Hometown Tragedy**
1.05 PM **Meet, Marry, Murder**
3.00 **#Textmewhenyougethome**
4.00 **Cold Case Files**
5.00 **Accident, Suicide or Murder?** Triple bill, including at: **7.00** A young woman is found locked in her apartment with 20 stab wounds.
8.00 **Lie Detector: Truth or Deception** A man acquitted of murdering his wife takes a polygraph test to clear his name.
9.00 **Last Night Out** A 19-year-old is attacked by her boyfriend.
10.00 **I Am a Stalker** Stories of love that turned into obsession.
11.00 **#Dead2Me** A couple's lives begin to spiral out of control.
12.00 M'T **Britain's Darkest Taboos**
2.00 AM **Cold Case UK** New edition
3.00 **#Textmewhenyougethome**
4.00 **to 6.00** AM **Meet, Marry, Murder**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Bizarre Animal Friends**
9.00 **Critter Fixers: Country Vets**
10.00 **Secrets of the Zoo: North Carolina** Documentary.
11.00 **The Incredible Dr Pol**
12.00 NOON **Yukon Vet**
2.00 PM **Snow School**
3.00 **Ice Road Rescue**
5.00 **Snakes in the City**
7.00 **Heartland Docs** The vets treat a cow with a fifth leg.
8.00 **Secrets of the Zoo** A deep dive into a rhino's mouth and a group reindeer pedicure. **9.00** As the sea lions rejoice over the long-awaited opening of Adventure Cove, a tiny loris and beloved iguana present strange mystery illnesses.
10.00 **Untamed Americas** Creatures that populate America's coasts, from gentoo penguins and grizzly bears to giant squids.
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo: North Carolina** Double bill.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Combat Dealers**
12.00 NOON **Shed and Buried**
3.00 PM **Salvage Hunters: The Restorers** Arcade game expert Dr Pinball restores a rare 1940s basketball game. **4.00** Upholsterer Craig tries to save a pair of sofas used in *Dr Who*. Plus, blacksmith Nev turns a pair of streetlamps into statement lights for the home. **5.00** Automata artisans Michael and Maria restore an acrobatic figurine from France.
6.00 **How the Universe Works** Experts hunt for the next deadly supernova. **7.00** New discoveries reveal the significance of neutrinos. **8.00** Gravitational waves, which are helping scientists explore the cosmos in new ways.
9.00 **Planes That Changed the World** Triple bill of editions.
12.00 M'T **Blowing Up History: Seven Wonders**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Abandoned Engineering**
10.00 **Rescued Chimpanzees of the Congo with Jane Goodall**
1.00 PM **Rescued Chimpanzees of the Congo with Jane Goodall**
3.00 **Abandoned Engineering**
4.00 **Rescued Chimpanzees of the Congo with Jane Goodall** An infant chimp who lost an eye. **5.00** Infant chimp Motambo is suffering from tetanus. **6.00** Work is under way on three islands that will house more than 100 chimpanzees. **7.00** Dr Rebeca Atencia sets out to rescue a pet mandrill. **8.00** Wounda the chimp gives birth to a healthy male.
9.00 **Abandoned Engineering** A secret Japanese facility that was once at the forefront of weapons technology.
10.00 **Rescued Chimpanzees of the Congo with Jane Goodall**
3.00 AM **Abandoned Engineering**
3.45 **Rescued Chimpanzees of the Congo with Jane Goodall**
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Primal Instinct**
10.00 **The Lies That Bind**
12.00 NOON **Love Kills**
1.00 PM **Forbidden: Dying for Love**
2.00 **Death by Fame**
4.00 **The Perfect Murder**
6.00 **The 1980s: The Deadliest Decade** Investigating the murder of Rebecca Schaeffer. **7.00** The murder of 31-year-old violinist Helen Mintiks.
8.00 **American Monster** The double lives of the US's most terrifying killers and abductors.
9.00 **The Playboy Murders** A photographer is murdered right after shooting the 'Bunny of the Year' contest.
10.00 **Andrew Tate: Icon or Toxic? A Faking It Special** Experts examine and expose influencer Andrew Tate, who faces allegations of sex crimes.
11.00 **The Big Swindle**
12.00 M'T **Seduced to Slay**
2.00 AM **Broken Trust** Double bill.
4.00 **to 6.00** AM **Murder Chose Me**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Extreme RVs**
10.00 **How It's Made: Dream Cars**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Bad Chad Customs**
5.00 PM **Kindig Customs** An active-duty serviceman wants to get his 1951 Ford pickup finished once and for all. **6.00** The 1951 Ford pickup is ready for final assembly. **7.00** A local business owner wants the team to put his fire-damaged 1932 Ford back together. Plus, a 1967 Mustang arrives with a nasty engine vibration.
8.00 **Massive Engineering Mistakes** Experts analyse what went wrong with the world's extraordinary building mistakes. **9.00** Cars and trucks plummet into the Arkansas River after part of a bridge collapses. **10.00** Partygoers are horrified when two overhead walkways collapse at a Missouri hotel.
11.00 **Wrecks to Riches**
1.00 **to 5.00** AM **Extreme RVs**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.00 AM **The Lord of the Rings...**
8.20 **The Prosecutor** Hong Kong thriller. Subtitled. (2024, 15)
10.20 **PREMIERE Amongst the...**
12.10 PM **The Surfer** As 6.15pm.
2.00 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
4.25 **Saturday Night** Comedy. (2024, 15, 109min) ★★★★
6.15 **The Surfer** Psychological thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★

8.00 Amongst the Wolves

8.00 PREMIERE Amongst the Wolves Thriller starring Luke McQuillan and Aidan Gillen. An ex-soldier meets a teen fleeing a gang, an encounter that forces them to confront their pasts while facing present realities. (2024, 15, 102min)

9.45 The Brutalist Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.15 AM **Night Call** French-Belgian crime thriller. Subtitled. (2024, 15, 97min) ★★★★
3.05 **Heart Eyes** Horror comedy starring Mason Gooding. (2025, 15, 97min) ★★★★
4.55 **to 7.20** AM **William Tell** Historical drama starring Claes Bang. (2025, 15, 133min) ★★★

Sky Cinema Hits

303 303 403 503 517

7.55 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12) ★★
9.45 **The Dark Tower** Fantasy. (2017, 12, 95min) ★★
11.35 **The Birds** Hitchcock horror. (1963, 15, 118min) ★★★★★
1.45 PM **A League of Their Own** Comedy. (1992, PG) ★★★★
4.00 **Footloose** Dance drama remake. (2011, 12, 113min) ★★★
6.00 **Chicago** Screen version of the hit Broadway musical. (2002, 12, 112min) ★★★★

9.45 Saturday Night Fever

8.00 Anyone But You Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 Saturday Night Fever Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. With Karen Lynn Gorney. (1977, 18, 119min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Meet Joe Black** Supernatural romantic drama starring Brad Pitt. (1998, 12, 181min) ★★★★
2.50 AM **Insidious** Supernatural thriller starring Rose Byrne. (2010, 15, 103min) ★★★★
4.40 **to 6.30** AM **Insidious: Chapter 2** Supernatural thriller sequel starring Patrick Wilson. (2013, 15, 103min) ★★★

Sky Cinema Drama

310 310 410 510 524

7.00 AM **Funny Face** As 2.10am.
9.00 **The Color Purple** As 5.30pm.
11.30 **Carmen** Musical starring Paul Mescal and Melissa Barrera. (2022, 15, 116min) ★★★
1.40 PM **Dunkirk** Wartime drama. (2017, 12, 106min) ★★★★★
3.40 **L'immensità** Italian drama. Subtitled. (2022, 12, 99min) ★★
5.30 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★

8.00 **The Bodyguard** Romantic thriller with Kevin Costner and Whitney Houston. A professional bodyguard falls in love with the superstar singer-actor he has been assigned to protect. (1992, 15, 129min) ★★★
10.20 **The Great Escaper** Fact-based drama with Michael Caine and Glenda Jackson. A war veteran sneaks out of his care home in Hove to attend a D-Day commemoration in Normandy. (2023, 12, 96min) ★★★★

12.10 AM **Sunset Boulevard** Drama. (1950, b/w, PG) ★★★★★
2.10 **Funny Face** Romantic musical. (1956, U, 103min) ★★★★
4.00 **Drift** Drama. (2023, 15) ★★★★
5.40 **to 8.25** AM **There Will Be Blood** Drama starring Daniel Day-Lewis. (2007, 15, 158min) ★★★★★

Sky Cinema Monsters

311 311 411 511 525

6.00 AM **Gremlins 2: The New Batch** Horror comedy sequel. (1990, 12, 107min) ★★★
7.50 **Godzilla** Thriller remake. (2014, 12, 118min) ★★★
10.00 **Godzilla x Kong: The New Empire** Fantasy adventure sequel. (2023, 12, 115min) ★★★
12.05 PM **A Quiet Place** Horror with Emily Blunt and John Krasinski. (2018, 15, 90min) ★★★★

1.50 **Salem's Lot** Horror with Lewis Pullman and Makenzie Leigh. (2024, 15, 109min) ★★★
3.55 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
5.50 **The Mummy** Action adventure. (1999, 15, 124min) ★★★★
8.00 **The Mummy Returns** Adventure sequel with Brendan Fraser and Rachel Weisz. (2001, 12, 129min) ★★★★
10.15 **Bram Stoker's Dracula** Horror. (1992, 18, 123min) ★★★

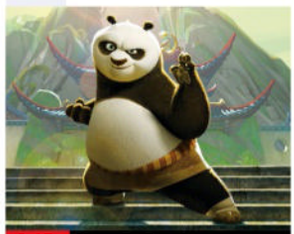
12.30 AM **The Mummy: Tomb of the Dragon Emperor** Adventure sequel. (2008, 12, 112min) ★★★
2.25 **Friday the 13th Part II** Horror sequel. (1981, 18, 87min) ★★
4.00 **R.I.P.D** Fantasy. (2013, 12) ★★★
5.40 **to 6.20** AM **Sky Cinema Preview**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.00 AM **Monster House** (2006)
7.40 **Scarygirl** As shown at 5.10am.
9.15 **Rugrats Go Wild** As 2.10am.
10.40 **Harold and the Purple Crayon** Adventure. (2024, PG) ★★★
12.25 PM **How to Train Your Dragon** (2010, PG) ★★★★
2.15 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
4.00 **Kung Fu Panda 2** Animated sequel. (2011, PG) ★★★★
5.45 **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★★★


2.15 Kung Fu Panda

7.25 **Kung Fu Panda 4** Animated comedy sequel with the voices of Jack Black and Awkwafina. (2023, PG, 94min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.05 **The Lego Ninjago Movie** Animated adventure with the voice of Jackie Chan. A teenager attempts to defeat his evil father with the help of fellow ninjas. (2017, U, 101min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.50 **Bookworm** Comedy adventure starring Elijah Wood and Nell Fisher. (2024, 12, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
2.10 **Rugrats Go Wild** Animation. (2003, U, 81min) ★★★
3.35 **Monster House** Animation. (2006, PG, 91min) ★★★★
5.10 **to 6.45** AM **Scarygirl** Animated fantasy adventure. (2023, PG, 90min) ★★★

Sky Cinema Action

307 307 407 507 521

6.15 AM **Blood for Dust** As 2.10am.
8.00 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
10.00 **Gladiator II** Historical drama sequel. (2024, 15) ★★★
12.35 PM **Black Hawk Down** War drama. (2001, 15) ★★★
3.00 **Furiosa: A Mad Max Saga** Fantasy with Anya Taylor-Joy. (2023, 15, 148min) ★★★★
5.35 **Man of Steel** Adventure. (2013, 12, 143min) ★★★

5.35 Man of Steel

8.00 **Spider-Man 2** Fantasy adventure sequel starring Tobey Maguire. Tempted to abandon his secret identity as crime-fighting superhero Spider-Man, Peter Parker finds his special powers are required to combat a new criminal adversary. With Kirsten Dunst. (2004, PG, 127min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Oldboy** South Korean thriller starring Choi Min-sik, Yoo Ji-tae and Gang Hye-jung. Subtitled. (2003, 18, 120min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Terminator Salvation** Thriller sequel with Christian Bale and Sam Worthington. (2009, 12, 110min) ★★★
2.10 **Blood for Dust** Action thriller. (2023, 15, 98min) ★★★
3.55 **Seeking Justice** Crime thriller. (2011, 15, 104min) ★★
5.45 **to 8.15** AM **Furiosa: A Mad Max Saga** As 3.00pm.

Sky Cinema Comedy

308 308 408 508 522

6.30 AM **Dumb and Dumber** Comedy. (1994, 12) ★★★
8.20 **Dumb and Dumber To** Comedy sequel. (2014, 15) ★★
10.15 **Two Weeks Notice** (2002)
12.10 PM **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
2.10 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
4.15 **Beverly Hills Cop** Comedy. (1984, 15, 105min) ★★★★
6.10 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★

6.10 Horrible Bosses

8.00 **Two Weeks Notice** Romantic comedy starring Sandra Bullock and Hugh Grant. Opposites attract when a liberal lawyer goes to work for a billionaire property tycoon. (2002, 12, 101min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

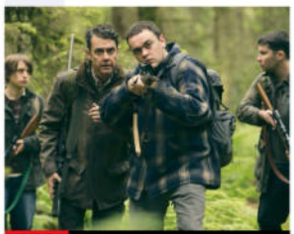
9.55 **You, Me and Dupree** Comedy starring Owen Wilson and Kate Hudson. A couple invite their homeless friend to live with them for a few days. (2006, 12, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Men Who Stare at Goats** Offbeat comedy. (2009, 15, 89min) ★★★
1.35 AM **Scott Pilgrim vs. the World** Comic-book comedy. (2010, 12, 112min) ★★★★
3.30 **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
5.20 **to 7.10** AM **Tropic Thunder** War spoof. (2008, 15) ★★★★

Sky Cinema Thriller

309 309 409 509 523

6.40 AM **Jericho Ridge** As 12.10am.
8.15 **Barbarians** Horror thriller. (2021, 15, 89min) ★★★
9.55 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
12.20 PM **The Dry** Crime drama. (2020, 15, 117min) ★★★★
2.25 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
4.30 **Kill** Crime thriller. (2023, 15, 94min) ★★★
6.15 **Poker Face** Crime thriller. (2022, 15, 120min) ★★★


4.30 Kill

8.00 **Ocean's Eight** Crime caper, starring Sandra Bullock, Cate Blanchett, Anne Hathaway and Mindy Kaling. Following in the footsteps of brother Danny, light-fingered Debbie Ocean plans a complex heist. (2018, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

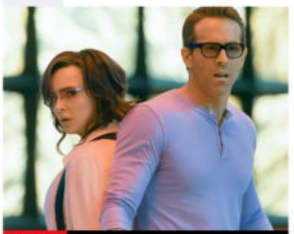
10.00 **Serpico** Fact-based crime drama starring Al Pacino as an idealistic New York cop who blows the whistle on his corrupt police colleagues. (1973, 18, 130min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.10 AM **Jericho Ridge** Thriller starring Nikki Amuka-Bird. (2023, 15, 87min) ★★★
1.45 **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
3.45 **Law Abiding Citizen** Thriller. (2009, 18, 109min) ★★
5.40 **to 6.10** AM **Sky Cinema Preview**

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Transformers: Dark of the Moon** Sci-fi adventure sequel. (2011, 12, 154min) ★★★
2.00 PM **Little Women** Historical drama starring Saoirse Ronan. (2019, U, 135min) ★★★★★
4.40 **Groundhog Day** Fantasy comedy starring Bill Murray. (1993, PG, 103min) ★★★★★
6.45 **Instant Family** Comedy with Mark Wahlberg and Rose Byrne. (2018, 12, 118min) ★★★★


9.00 Free Guy

Instant Family (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Free Guy** Adventure comedy starring Ryan Reynolds. A bank employee discovers that he's a non-playable character inside a massive open world video game. With Jodie Comer and Taika Waititi. (2020, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Zombieland: Double Tap** Horror comedy sequel starring Woody Harrelson. A decade after they joined forces, a group of friends clash with super zombies in Graceland. (2019, 15, 99min) ★★★
1.10 **to 3.25** AM **The Secret of Marrowbone** Horror with Anya Taylor-Joy and George MacKay. (2017, 15, 100min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 90s

302 302 402 502 516

6.05 AM **Galaxy Quest** Sci-fi comedy. (1999, PG, 102min) ★★★★
7.55 **Big Daddy** As 2.25pm.
9.35 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
11.15 **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
12.45 PM **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★

2.25 **Big Daddy** Comedy with Adam Sandler. (1999, 12, 95min) ★★★
4.00 **Junior** Comedy starring Arnold Schwarzenegger and Danny DeVito. (1994, PG, 110min) ★★★
6.00 **Sleepless in Seattle** Romantic comedy starring Tom Hanks and Meg Ryan as two people who fall in love without ever meeting. (1993, PG, 105min) ★★★★★
8.00 **Jerry Maguire** Comedy drama starring Tom Cruise, Renée Zellweger and Cuba Gooding Jr. (1996, 15, 139min) ★★★★

10.20 **You've Got Mail** Romantic comedy with Meg Ryan and Tom Hanks. (1998, PG, 114min) ★★★
12.20 AM **Scent of a Woman** Drama. (1992, 15, 157min) ★★★★
3.00 **Junior** As shown at 4.00pm.
5.05 **to 6.05** AM **Sky Cinema Preview**

Sky Cinema Greats

304 304 404 504 518

6.50 AM **Twins** As 4.05pm.
8.40 **Sixteen Candles** As 3.10am.
10.20 **Parenthood** As 5.55pm.
12.25 PM **HouseSitter** As 11.40pm.
2.10 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
4.05 **Twins** Action comedy. (1988, PG, 107min) ★★★
5.55 **Parenthood** Ron Howard's comedy drama with Steve Martin. (1989, 15, 124min) ★★★★

8.00 **Bean** Comedy starring Rowan Atkinson. Mr Bean creates havoc when he accompanies a valuable painting to the US. (1997, PG, 90min) ★★★
9.45 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor as two men – one deaf, the other blind – arrested for a murder they didn't commit. (1989, 15, 107min) ★★★
11.40 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★

1.25 AM **The Golden Child** Adventure starring Eddie Murphy. (1986, PG, 93min) ★★
3.10 **Sixteen Candles** Teen comedy. (1984, 12, 89min) ★★★
4.55 **to 6.45** AM **Blue Hawaii** Musical starring Elvis Presley. (1961, PG, 103min) ★★

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Rugrats Go Wild** (2003)
7.40 **Madagascar** Animated comedy. (2005, U, 86min) ★★★
9.20 **The Wild Thornberrys Movie**
10.55 **The Pirates! In an Adventure with Scientists** As 8.45pm.
12.35 PM **Rock Dog 3: Battle the Beat** Animated adventure sequel. (2022, U, 90min) ★★
2.15 **The Boss Baby** Animated comedy. (2017, U, 97min) ★★★

4.00 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
5.40 **Wallace & Gromit: The Curse of the Were-Rabbit** Animation. (2005, U, 85min) ★★★★★
7.15 **The Wild Thornberrys Movie** Animated family adventure. (2002, U, 85min) ★★★★
8.45 **The Pirates! In an Adventure with Scientists** Animation featuring the voice of Hugh Grant. (2012, U, 87min) ★★★★
10.20 **Piece by Piece** Animation. (2024, PG, 100min) ★★★

12.00 M'T **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
1.25 AM **The Canterville Ghost** Animated family adventure. (2023, PG, 89min) ★★
3.00 **The Boss Baby** As 2.15pm.
4.40 **to 6.05** AM **Buffalo Kids** Animation. (2024, U) ★★★

Movies 24

312 313 419

7.00 AM **Journey to You** Romantic drama. (2025, PG, 84min) ★★
9.00 **Return to Office** Romantic drama. (2025, PG, 84min) ★★
11.00 **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
1.00 PM **Love at the Bootcamp** Drama. (2024, PG, 90min) ★★
3.00 **Spring Breakthrough** Romantic drama with Keesha Sharp. (2023, PG, 90min) ★★

5.00 **Haunted Wedding** Comedy fantasy. (2024, PG, 84min) ★★
7.00 **Blind Date Book Club** Romantic drama starring Erin Krakow and Robert Buckley. A Nantucket bookshop owner known for matchmaking others finds love with a best-selling author who visits her store. (2024, PG, 90min) ★★
9.00 **The Reluctant Royal** Romantic comedy starring Andrew W Walker and Emilie de Ravin. (2025, PG, 84min) ★★

11.00 **Stepping into Love** Romantic drama. (2023, PG, 82min) ★★
1.00 AM **Junebug** Fantasy drama. (2024, PG, 84min) ★★
3.00 **to 5.00** AM **A Priceless Love** Drama. (2022, PG, 85min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Beau Geste** 7/8. (S1)
6.35 **Mutiny** Seafaring adventure. (1952, U, 77min) ★
8.10 **What's On TPTV with Noel**
8.25 **Space Patrol** 25/39. (S1)
9.00 **Batman** 33/60. (S2)
9.30 **Richard the Lionheart** (S1)
10.00 **Supercar** 20/26. (S1)
10.30 **The Salvage Gang** Drama. (1958, b/w, U, 52min) ★★
11.30 **The Adventures of Robin Hood**

12.00 NOON **First Man into Space** Chiller. (1959, PG, 77min) ★★
1.35 PM **One Step Beyond** (S2)
2.10 **The Atomic Submarine** Drama. (1959, b/w, PG, 68min) ★★
3.40 **Look at Life** Documentary.
3.55 **Black Widow** (1951, PG) ★★
5.10 **Blind Corner** Suspense thriller. (1963, b/w, PG, 76min) ★★★
6.45 **Look at Life** Documentary.
7.00 **Maigret** 12/13. (S1)
8.00 **A Family at War** 16/19. (S2)
9.05 **The First of the Few** Biopic. (1942, b/w, U, 114min) ★★★★

11.25 **Body Double** Brian De Palma's thriller. (1984, 18, 109min) ★★★
1.40 AM **Let's Spend the Night Together** The Rolling Stones.
3.25 **You Will Remember** Biopic. (1941, b/w, U, 92min) ★★
5.15 **Look at Life** Documentary.
5.30 **to 6.00** AM **Out of Town**

SATURDAY Sport 6 September

Saturday

Sky Sports Main Event

401 401 511 501 419 439

5.35 AM LIVE **The Rugby Championship Australia v Argentina.** Coverage of the match from Queensland Country Bank Stadium. Kick-off 5.30am.
7.35 **Rugby Greatest Games**
7.55 LIVE **The Rugby Championship New Zealand v South Africa.** Coverage from Eden Park. Kick-off is at 8.05am.
9.55 **Rugby Greatest Games**
10.00 **Sky Sports News**
12.00 NOON LIVE **EFL Newport County v Bristol Rovers.** The League Two match at Rodney Parade. Kick-off is at 12.30pm.
2.45 PM LIVE **Formula 1** The Italian Grand Prix qualifying session.
5.00 LIVE **EFL Bromley v Gillingham.** The League Two match at Copperjax Community Stadium. Kick-off 5.30pm.
8.00 LIVE **US Open Tennis** Coverage of the women's final at the USTA Billie Jean King National Tennis Center, Flushing Meadows.
12.00 M'T LIVE **Walker Cup Golf** Coverage of the second session of day one at Cypress Point Club.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Years**
9.00 **The Big Interview**
9.30 **Premier League Stories**
10.00 **Saturday Social**
11.00 **The Big Interview**
11.30 **Premier League Stories**
12.00 NOON **Soccer Saturday Pre-Match** Build-up.
2.00 PM **Gillette Soccer Saturday**
5.30 **Match Centre** A preview of the weekend's biggest games.
6.00 **Premier League Years** A look back at the 2024/25 season.
8.00 **The Big Interview** A conversation with Tottenham Hotspur defender Micky van de Ven.
8.30 **Premier League Stories** A look behind the scenes of the top flight.
9.00 **Champions Show: Liverpool** A look back at Liverpool's title-winning 2024/25 campaign.
10.00 **PL Special: The Centurions** A look at Manchester City's record-breaking 2017/18 season.
11.00 **Premier League Years**
1.00 AM **PL Retro** Birmingham City v Aston Villa from 2002.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **WSL** Recent action.
6.30 **Retro League One**
8.30 **EFL Greatest Games**
9.30 **WSL** Chelsea v Manchester City.
10.00 **Saturday Social**
11.00 **EFL League One Goals**
11.30 **EFL League Two Goals**
12.00 NOON LIVE **EFL Newport County v Bristol Rovers.** Coverage of the League Two match staged at Rodney Parade. Kick-off is at 12.30pm.
3.00 PM **Gillette Soccer Saturday**
5.00 LIVE **EFL Bromley v Gillingham.** Coverage of the League Two match staged at Copperjax Community Stadium. Bromley did the double over the Gills last season, prevailing 2-1 here and 3-0 at MEMS Priestfield Stadium, with midfielder Jude Arthurs scoring on both occasions. Kick-off 5.30pm.
8.00 **EFL** A chance to see Newport County v Bristol Rovers.
10.00 **WSL** Chelsea v Manchester City.
10.30 **EFL Highlights** League Two.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2012/13 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
7.00 **Vitality T20 Blast Cricket**
10.30 **Best of England v South Africa**
10.45 **The Hundred Bitesize**
11.00 **One-Day International Cricket**
1.00 PM **Best of England v South Africa** Archive highlights.
2.15 LIVE **Vitality T20 Blast Cricket Lancashire Lightning v Kent Spitfires.** Coverage of the quarter-final match at Emirates Old Trafford. The Lightning finished top of the North Group standing with nine wins from 14.
5.30 **Best of England v South Africa**
6.00 **The Hundred Bitesize**
6.15 LIVE **Vitality T20 Blast Cricket Somerset v Birmingham Bears.** Coverage of the quarter-final match from Cooper Associates County Ground.
9.30 **One-Day International Cricket**
10.30 **The Hundred Bitesize**
10.45 **Best of England v South Africa**
11.00 **One-Day International Cricket**
1.00 AM **Best of England v South Africa** Archive highlights.
2.00 **Vitality T20 Blast Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf**
11.00 **Tales from the Ryder Cup**
12.00 NOON **Countdown to the Ryder Cup** A look ahead.
12.30 PM LIVE **DP World Tour Golf** Day three of the Amgen Irish Open.
5.30 LIVE **Walker Cup Golf** The first session of day one in California.
8.30 LIVE **Ladies European Tour Golf** Day two of the Aramco Houston Championship in Texas.
10.00 **Countdown to the Ryder Cup**
11.00 **Ryder Cup Memories**
12.00 M'T LIVE **Walker Cup Golf** The second session of day one.
3.00 AM **Ryder Cup Memories**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **Golf Academy**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis** Canadian Open.
7.00 **US Open Tennis** Highlights.
5.00 PM LIVE **US Open Tennis** Men's doubles final and women's final.
12.00 M'T **ATP Tennis** Highlights.
2.00 AM **Bitesize Tennis**
2.15 **ATP Tennis** Doha Open final.
2.30 **Billie Jean King: My Story**
2.45 **Tim Henman Podcast 2024**
3.00 **US Open Tennis** Women's final.
5.00 **ATP Tour This Week**
5.30 **to 6.00** AM **WTA Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men**
7.00 LIVE **AFL** Coverage of the opening qualifying final.
10.00 **Premier League: Big Interview**
10.30 **Tour of Britain** Stage four.
11.30 LIVE **Cycling: Tour of Britain** The fifth stage, a route of 138km from Pontypool to The Tumble.
3.30 PM **Premier League Stories**
4.00 **Champions League Magazine**
4.30 **IEPF World Championships Shootout** Highlights.
6.00 LIVE **UFC** Coverage of the preliminary bouts for UFC Fight Night 258 at Accor Arena in Paris.
8.00 LIVE **UFC Nassourdine Imavov v Caio Borralho.** Coverage of the middleweight bout at Accor Arena in Paris, France, plus the undercard bouts.
11.30 **UFC Connected**
12.00 M'T LIVE **MLB St. Louis Cardinals v San Francisco Giants.** Coverage of the National League match staged at Busch Stadium. Start-time 12.15am.
3.15 AM **MLB Plays of the Week**
3.45 **TNT Sports Reload**
4.00 **to 6.00** AM LIVE **AFLW Sydney Swans v Fremantle.** At Henson Park. Bounce-up is at 4.05am.

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Highlights**
7.30 LIVE **MotoGP** The Grand Prix of Catalonia Moto2 & Moto3 second free practice sessions.
9.00 LIVE **MotoGP** The Grand Prix of Catalonia MotoGP second free practice and qualifying sessions.
11.00 LIVE **MotoE** Coverage of the Grand Prix of Catalonia first race.
11.45 LIVE **MotoGP** The Grand Prix of Catalonia Moto2 and Moto3 qualifying sessions in Spain.
1.45 PM LIVE **MotoGP** Grand Prix of Catalonia MotoGP sprint race.
2.45 LIVE **British Superbikes** The first day from Donington Park.
6.00 **IFSC Climbing World Cup**
7.00 LIVE **IFSC Climbing World Cup** The lead finals in Koper.
9.00 **MotoGP** Grand Prix of Catalonia.
9.30 **Superbike World Championship**
10.00 **British Superbikes**
10.30 **MLB Highlights**
11.30 LIVE **CPL Guyana Amazon Warriors v Trinbago Knight Riders.** Coverage of the T20 match at Providence Stadium.
3.45 AM **Playing for Our Future**
4.00 **FIM Speedway Grand Prix**
5.00 **to 6.00** AM **Tour of Britain**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour**
7.00 **State of Origin Rugby League Highlights** Recent action.
9.00 **State of Origin Rugby League** New South Wales v Queensland in the third game of the series.
10.00 **Super League** Highlights from Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
11.00 **Premier League Darts** A chance to see night six of the tournament at Motorpoint Arena Nottingham.
3.00 PM **The Rugby Championship** A replay of Australia v Argentina.
5.00 **The Rugby Championship** New Zealand v South Africa.
7.00 **British and Irish Lions Tour** Action from First Nations & Pasifika XV v British & Irish Lions. **8.00** Queensland Reds v British & Irish Lions at Suncorp Stadium.
9.00 **Premier League Darts** A replay of night six of the tournament at Motorpoint Arena Nottingham. The quarter-finals were Luke Humphries v Luke Littler, Rob Cross v Chris Dobey, Stephen Bunting v Gerwyn Price, and Nathan Aspinall v Michael van Gerwen.
1.00 AM **The Rugby Championship**
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

404 404 518 508 427 447

5.35 AM LIVE **The Rugby Championship Australia v Argentina.** Coverage of the match from Queensland Country Bank Stadium. Kick-off 5.30am.
7.35 **Rugby Greatest Games**
7.55 LIVE **The Rugby Championship New Zealand v South Africa.** Coverage of the match staged at Eden Park in Auckland. Kick-off is at 8.05am.
9.55 **Rugby Greatest Games**
10.00 **Sky Sports News**
10.30 **Rugby Greatest Games**
10.35 LIVE **NRL Canterbury Bulldogs v Cronulla Sharks.** Coverage of the match from the 27th round of fixtures at Accor Stadium. Kick-off 10.35am.
12.35 PM **Soccer Saturday Pre-Match**
2.00 **Gillette Labs Soccer Saturday**
2.50 LIVE **EFL** Coverage of a League One match. Kick-off 3.00pm.
5.00 LIVE **US Open Tennis** Coverage of day 14 of the Grand Slam at the USTA Billie Jean King National Tennis Center, New York.
11.00 **Sky Sports Catch Up**
5.00 **to 7.00** AM LIVE **NRL Dolphins v Canberra Raiders.** From Kayo Stadium. Kick-off is at 5.00am.

Sky Sports Mix

416 412 510 429 449

6.00 AM **WTA & ATP Tennis**
8.00 **My Icon** Denise Lewis.
8.15 LIVE **NRLW Canterbury-Bankstown Bulldogs v Cronulla-Sutherland Sharks.**
10.00 **The Hundred Bitesize**
10.30 **DP World Tour Golf**
11.00 **Super League** A match replay.
1.45 PM **EFL Greatest Games**
2.30 **Formula 1** The Dutch Grand Prix.
3.30 **PL Greatest Games**
3.45 **British and Irish Lions Tour**
3.50 LIVE **Currie Cup Rugby Union Golden Lions v Suzuki Griquas.** Kick-off is at 4.00pm.
5.45 **Rugby Greatest Games**
5.50 **My Icon** Michael Holding.
6.00 LIVE **Ladies European Tour Golf** Coverage of day two of the Aramco Houston Championship.
10.00 **DP World Tour Golf**
10.30 **PL Greatest Games**
11.00 **One-Day International Cricket**
12.00 M'T **PL Greatest Games**
1.00 AM **PDC Classics** Archive action.
3.00 LIVE **NRLW New Zealand Warriors v Brisbane Broncos.**
4.45 **to 6.30** AM LIVE **NRLW Newcastle Knights v Gold Coast Titans.** Kick-off 4.45am.

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **AFLW Carlton v Western Bulldogs.** From IKON Park. Bounce-up is at 6.05am.
8.00 LIVE **AFL** First elimination final.
11.00 **TNT Sports Reload**
11.15 **La Vuelta Men** The 13th stage.
12.15 PM LIVE **Cycling: La Vuelta Men** Coverage of the 14th stage.
5.00 **MLB Highlights**
6.00 LIVE **MLB New York Yankees v Toronto Blue Jays.** From Yankee Stadium. S-t 6.05pm.
9.15 **MLB Plays of the Week**
9.45 **Playing for Our Future**
10.00 **La Vuelta Men** The 14th stage.
11.00 **Tour of Britain** Stage five.
12.00 M'T **WRC Review** Rally Paraguay.
1.00 AM **Superbike World Championship** From France.
1.30 **British Superbikes**
2.00 **Hard Knocks** NFL insight.
3.00 **La Vuelta Men** The 14th stage.
4.00 **to 6.00** AM LIVE **AFLW Adelaide Crows v Brisbane Lions.** Bounce-up 4.05am.

TNT Sports 4

414 416 524 411 434

6.00 AM **Highlights**
8.00 LIVE **Superbike World Championship** From France.
8.30 **Superbike Rewind**
9.30 LIVE **Superbike World Championship** From France.
10.15 LIVE **British Superbikes** The qualifying session in Leicestershire.
10.45 LIVE **Women's Circuit Racing World Championship** From Circuit de Nevers Magny-Cours.
11.30 LIVE **Superbike World Championship** From France.
3.15 PM **Superbike Rewind**
3.30 **T100 Triathlon World Tour**
4.30 **Fishing: On the Bank**
5.30 **Onboard** Ocean Race Europe.
6.00 LIVE **WNBA Connecticut Sun v Phoenix Mercury.** Tip-off 6pm.
8.00 LIVE **Women's CPL Guyana Amazon Warriors v Trinbago Knight Riders.** The T20 match.
10.45 **AFL** Two match replays.
1.45 **to 6.00** AM **Highlights**

Premier Sports 1

419 551

6.00 AM **Euro Le Mans Highlights**
7.00 **NASCAR Highlights**
8.00 **Transworld Sport** Magazine.
9.00 **LaLiga Specials**
10.00 **Scottish Rally Championship**
10.30 **World Surf League**
11.30 **Temples of Sport**
12.00 NOON **FIM Sidecarcross**
12.55 PM **Top 14 Rugby Union**
1.55 LIVE **Top 14 Rugby Union** A match in the French top flight.
3.55 LIVE **Top 14 Rugby Union** A match in the French top flight.
6.00 **World of FreeSports**
6.30 **Scottish Rally Championship**
7.00 **Euro Le Mans Highlights**
8.00 LIVE **Top 14 Rugby Union** A French top flight match.
10.00 **Motorsport Highlights**
11.00 **Transworld Sport** Magazine.
12.00 M'T **World of FreeSports**
12.30 AM **Motorsport** Valentino Rossi.
1.00 **Motorsport Highlights**
3.00 **British Minibikes**
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **LaLiga** Another chance to see Real Betis v Athletic Bilbao.
8.00 **Top 14 Rugby Union** Toulouse v Bordeaux Bègles in the final.
10.30 **Coppa Italia** Parma v Pescara.
12.30 PM **Football's Greatest**
1.30 **CONMEBOL World Cup Qualifiers** Argentina v Venezuela.
3.30 **CONMEBOL World Cup Qualifiers** Brazil v Chile.
5.30 **NASCAR Xfinity Series** The Nu Way 200 Sauced by Blues Hog.
8.30 **GP Confidential** A look into the sporting secrets of F1.
9.00 **FastZone** Motorsports highlights show covering everything from prototypes to endurance racing, karting to airplanes and even some real oddities.
9.30 **Bike World** Magazine.
10.00 **Temples of Sport**
11.00 **Top 14 Rugby Union** Action from the French top flight.
3.00 AM **Coppa Italia** Como v Sudtirol.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **F1 Features**
6.45 **Formula 1** Italian Grand Prix.
8.00 **Oscar Piastri & Martin Brundle**
8.10 LIVE **Formula 3** Coverage of the Italian Grand Prix sprint race.
9.10 **F1 Features**
10.15 **The F1 Show** Race preview.
11.15 LIVE **Formula 1** The Italian Grand Prix third practice session.
1.10 PM LIVE **Formula 2** The Italian Grand Prix sprint race in Monza.
2.15 LIVE **Formula 1** The Italian Grand Prix qualifying session.
5.00 **Ted's Notebook**
5.30 **Formula 1** Italian Grand Prix.
7.30 **Ted's Notebook**
8.00 **Formula 2** Action from Italy.
9.05 **F1 Features**
9.15 **Formula 3** Italian Grand Prix.
10.15 **Formula 1** Action from Italy.
1.30 AM **Ted's Notebook**
2.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Sunday

7 September

Evening Planner

Athletics

Great North Run

BBC1, 10am

Around 60,000 runners will be taking part, from Newcastle to the famous finish from the Tyne Bridge to South Shields..

Comedy

One of Them Days

Sky Premiere, 10.30am & 8pm

Keke Palmer and singer SZA star in this comedy as two roommates racing round LA to raise money for their rent.

American Football

NFL: Big Game Night

5, 5.30pm (kick-off 6pm)

Dermot O'Leary fronts a NFL-based game show, which includes coverage of Washington Commanders v NY Giants.

Factual

Freddie Flintoff's Field of Dreams: Ultimate Test

BBC1, 8.10pm (box set, BBC iPlayer)

Freddie's dream continues with forming a girls' cricket team in Blackpool.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1		7.10 Antiques Roadshow		8.10 Freddie Flintoff's Field of Dreams...		9.10 King & Conqueror	10.00 News	10.30 Tommy...
	102 BBC2	‹ 6.30 Great North...	7.30 International Football – Live: Germany v Northern Ireland (Kick-off 7.45)					10.00 Radio 2 in the Park: Sunday Highlights	
	103 ITV1	‹ 6.55 Cooking with the Stars		8.00 Beat the Chasers		9.00 I Fought the Law		10.15 Lioness	
	104 CHANNEL 4	‹ 6.30 F1: Italian Grand Prix Highlights		8.00 Educating Yorkshire		9.00 The Inheritance		10.00 Gogglebox	
	105 5	‹ 5.30 American Football: NFL Big Game Night – Live: Washington Commanders v New York Giants (Kick-off 6.00)					9.30 Rich Holiday, Poor Holiday		10.30 Inside the...
	106 SKY SHOWCASE	7.00 Rob & Romesh vs the NFL		8.00 Rob & Romesh vs Anthony Joshua...		9.00 S.W.A.T.		10.00 The Sopranos	
ENTERTAINMENT	115 BBC3	7.05 The Snail...	7.30 The Fast and the Farmer-ish			9.00 Stranded on Honeymoon Island			
	116 BBC4	7.00 Around the World in 80 Gardens		8.00 Celebrating Chineke! at the Proms			9.50 Chineke! at the Proms		
	118 ITV2	‹ 5.55 Film: Wonder Woman 1984				9.00 The Only Way Is Essex		10.00 Family Guy	
	136 MORE4	‹ 6.50 Four in a Bed				9.00 999: On the Front Line		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons				9.00 Film: Bad Boys for Life			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Caught on Dashcam		9.00 Matlock		10.00 The Rookie	
	108 SKY ATLANTIC	‹ 6.45 Game of Thrones				9.00 True Detective		10.10 The Wire	
	110 U&GOLD	‹ 6.40 Only Fools and Horses		8.00 Dad's Army	8.35 Only Fools and Horses				
	111 U&DAVE	7.00 Special Ops: To Catch a Criminal		8.00 Alison & Larry: Billericay to Barry		9.00 Have I Got a Bit More News for You		10.00 QI XL	
	119 ITV3	‹ 5.30 Film: Downton Abbey: A New Era		8.00 Doc Martin				10.05 Vera	
	120 ITV4	‹ 6.10 Film: Jurassic Park III		8.00 Cycling: Tour of Britain Highlights		9.00 Film: Lethal Weapon			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bean			
	139 SKY SCI-FI	7.00 Star Trek: Deep Space Nine							
	113 SKY MAX	7.00 Rob & Romesh vs the NFL		8.00 Rob & Romesh vs Anthony Joshua...		9.00 S.W.A.T.		10.00 Film: David Brent: Life on the Road	
	109 U&ALIBI	7.00 Beyond Paradise		8.00 Death in Paradise				10.00 Father Brown	
	124 SKY ARTS	‹ 6.30 Discovering Westerns on Film		8.00 Film: The Magnificent Seven					10.35 Ennio...
	132 U&W	7.00 Inside the Ambulance				9.00 Inside the Operating Theatre		10.00 Stacey Dooley Sleeps Over	
DOCUMENTARY	125 DISCOVERY	7.00 Alaska: Homestead Rescue				9.00 Land Rush		10.00 Street Outlaws: Locals Only	
	162 ANIMAL PLANET	7.00 How Do Animals Do That?		8.00 Treetop Cat Rescue		9.00 The Zoo		10.00 Tanked	
	129 NAT GEO	7.00 Genghis Khan: The Secret History of...		8.00 Engineering Europe		9.00 Naming the Dead	9.50 Inside 9/11		
	123 SKY HISTORY	7.00 Alexander the Great				9.00 Royal B**tards: Rise of the Tudors			
	155 U&YESTERDAY	7.00 Wilderness with Simon Reeve		8.00 Flipping Bangers		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 The Wimbledon Kidnapping				9.00 Death of a Showjumper		10.00 Six Silent Killings: Ireland's Vanishing...	
FILMS – Sky Cinema	301 PREMIERE	‹ 6.20 Restless		8.00 One of Them Days			9.45 The Brutalist		
	302 90s	‹ 5.20 Scent of a Woman		8.00 Saving Private Ryan					
	303 HITS	‹ 6.15 Anyone But You		8.00 The Da Vinci Code					10.30 Angels &...
	304 GREATS	‹ 6.05 Dumb and Dumber		8.00 The Nutty Professor			9.45 Planes, Trains and Automobiles		
	305 ANIMATION	‹ 5.40 Transformers One	7.35 The Lego Ninjago Movie				9.30 Riverdance: The Animated Adventure		
	306 BACK TO SCHOOL	‹ 5.50 Matilda	7.45 The Boss Baby				9.35 Teen Titans Go! & DC Super Hero Girls: Mayhem in the...		
	307 ACTION	‹ 5.25 Superman		8.00 Spider-Man				10.10 Seeking Justice	
	308 COMEDY	‹ 6.15 Daddy's Home 2		8.00 School of Rock			9.55 Beetlejuice Beetlejuice		
	309 THRILLER	‹ 5.10 There Will Be Blood		8.00 Ocean's Eleven				10.05 Law Abiding Citizen	
	310 DRAMA	‹ 5.40 P.S. I Love You		8.00 Chicago				10.05 Turtles All the Way Down	
	311 MONSTERS	‹ 6.00 The Mummy: Tomb of the Dragon...		8.00 The Scorpion King			9.45 Blade		
	313 FILM4	‹ 6.55 The Day the Earth Stood Still				9.00 The Lost City			
SPORT	401 MAIN EVENT	7.00 US Open Tennis – Live: Coverage of the men's final							
	402 PREMIER LEAGUE	‹ 6.00 Premier League Years		8.00 Big Interview	8.30 PL Stories	9.00 Tackling the Stigma		10.00 Drink It In: The Rise of Man City	
	403 FOOTBALL	7.00 EFL Goals		8.00 SWPL	8.30 EFL Highlights	9.00 WSL	9.30 SPFL Highlights	10.00 WSL	10.30 SWPL
	405 CRICKET	7.00 Best of...	7.30 The Hundred...	8.00 One-Day International Cricket					
	410 TNT SPORTS 1	‹ 5.00 MLB – Live: Atlanta Braves v Seattle Mariners			8.30 MLB Plays of...	9.00 MLB – Live: Arizona Diamondbacks v Boston Red Sox (Start-time 9.10)			
	411 TNT SPORTS 2	‹ 3.30 CPL – Live	7.45 FIM Speedway Grand Prix Highlights			9.00 UCI Mountain Bike World Championship		10.00 La Vuelta Men	

‹ Denotes programmes starting before 7.00pm † Regions vary

SUNDAY

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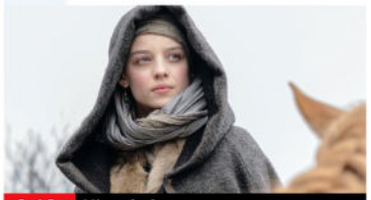
BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.00 **Sunday with Laura Kuenssberg**
10.00 **LIVE Great North Run** Coverage of the annual half-marathon, which sees approximately 60,000 runners of all abilities negotiate the course from Newcastle upon Tyne to South Shields. (S)
2.00 PM **BBC News** (S)
2.15 **Songs of Praise** New edition (S)
2.50 **Escape to the Country** (S)(R)(AD)
3.20 **FILM The Addams Family 2** Animated comedy sequel with the voices of Oscar Isaac and Charlize Theron. A lawyer tells Gomez and Morticia that Wednesday was switched at birth with another child. (S)(AD) (2021, PG, 85min) ★★
4.45 **Parenthood** 5/5. Animals raising their young in the jungle. (S)(R)(AD)
5.45 **BBC News** (S)



9.10 King & Conqueror

6 PM
6.00 Local News (S)
6.10 Countryfile New edition Presenters Matt Baker and Sammi Kinghorn explore how the people of north Devon have helped the Eurasian otter claw its way back from near-extinction. (S)

7 PM
7.10 Antiques Roadshow New edition Fiona Bruce presents from Lister Park and Cartwright Hall in Bradford, where finds include a sketch by John Lennon and a cavalry sword with royal connections. (S)

8 PM
8.10 NEW SERIES Freddie Flintoff's Field of Dreams: Ultimate Test 1/4. The former England captain creates several new cricket teams of teenagers across the north west. *See feature, page 20.* (S)(AD)
■ Entire series on BBC iPlayer

9 PM
9.10 King & Conqueror New episode 4/8. Harold fights for his family, and William tracks his royal foe. (S)(AD)
■ Entire series on BBC iPlayer

10 PM
10.00 BBC News (S)
10.25 Local News (S)
10.30 Tommy: The Good. The Bad. The Fury 5/6. Tommy heads to Budapest to close the deal for the fight, but there's a hitch. (S)(R)(AD)
11.00 Tommy: The Good. The Bad. The Fury 6/6. Tommy faces his comeback fight. (S)(R)(AD)
11.30 The Crime I Can't Forget 2/6. Detectives solve a cold case over three decades later. (S)(R)(AD)
12.30 AM **The Women's Football Show** Highlights of the opening round of matches in the Super League, including Liverpool v Everton. (S)
1.20 Weather for the Week Ahead (S)
1.25 to 6.00 AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.20 AM **Take a Hike** (S)(R)
6.50 **Christine's Garden** (S)(R)
7.20 **Glorious Gardens from Above** (R)
8.05 **The Best Dishes Ever** (S)(R)
8.40 **Countryfile** (S)(R)
9.35 **Beechgrove Garden** (S)(R)
10.05 **Saturday Kitchen Best Bites** New edition Series highlights. (S)
11.35 **The Great British Sewing Bee** Movie-inspired fashion. (S)(R)(AD)
12.35 PM **FILM Witness for the Prosecution** Agatha Christie thriller. (S) (1957, b/w, U, 115min) ★★★★
2.30 **LIVE Rugby Union: Women's World Cup** New Zealand v Ireland: Coverage of the final match in Pool C, held at the Amex Stadium in Brighton. Kick-off is at 2.45. (S)
5.00 **LIVE Burghley Horse Trials** Coverage of the prestigious event from Stamford, Lincolnshire. (S)

10.50 Def Leppard: Radio 2 in the Park

6.30 Great North Run Highlights Action from the annual half-marathon, which took place on a course from Newcastle upon Tyne to South Shields. (S)

7.30 LIVE International Football Germany v Northern Ireland: Stephen Watson presents all the action from both teams' second FIFA World Cup Group A qualifier, held at RheinEnergieStadion in Cologne. Germany have qualified for every World Cup finals in history apart from the one they were banned from entering in 1950. In contrast, Northern Ireland have only qualified on three occasions, and the most recent of those was back in 1986. The most recent matches between the teams came in qualifying for UEFA Euro 2020, when Germany won 2-0 at Windsor Park and 6-1 in Frankfurt. Kick-off is at 7.45. *See feature, page 28.* (S)

10.00 NEW Radio 2 in the Park: Sunday Highlights Performances from Sophie Ellis-Bextor, Olly Murs, Soul II Soul, Suede and David Gray. (S)
10.50 NEW Def Leppard: Radio 2 in the Park The Sheffield rock band's headline set on the concluding day of the music festival. (S)
12.05 AM **ODI Cricket Highlights** England v South Africa: Action from the third and final ODI. (S)
12.50 Sign Zone: Parenthood (S)(R)(AD)
1.50 Sign Zone: The Guest (S)(R)(AD)
2.50 Sign Zone: Here We Go (S)(R)(AD)
3.20 Sign Zone: Chess Masters: The Endgame (S)(R)
3.50 to 6.30 AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Simply Raymond Blanc** (S)(R)
6.25 **James Martin's Saturday Morning** With Carol Kirkwood. (S)(R)
8.25 **Katie Piper's Weekend Escape** New edition With Jake Humphrey.
9.25 **ITV News** (S)
9.30 **Love Your Weekend with Alan Titchmarsh** Chat show. (S)(R)
11.30 **Love Your Garden** (S)(R)(AD)
12.00 NOON **Fern Britton: Inside the Vet's** Documentary. (S)(R)(AD)
1.00 PM **ITV News** (S)
1.15 **Midsomer Murders** *Crime and Punishment:* A member of the Bleakridge Watch is found dead in a freezer. With Frances Barber. (S)(R)
3.10 **FILM Downton Abbey** Drama based on the TV series, with Hugh Bonneville and Maggie Smith. (S)(AD) (2019, PG, 140min) ★★★★
5.30 **You Bet! on Tour** (S)(R)(AD)

6.55 Cooking with the Stars

6.30 ITV News (S)
6.45 Local News (S)
6.55 Cooking with the Stars Series finale 6/6. Emma Willis and Tom Allen host the Grand Final of the celebrity cooking contest as the three remaining stars take on their mentors' signature dishes. (S)(AD)

8.00 Beat the Chasers New edition Bradley Walsh hosts as contestants take on Jenny Ryan, Anne Hegerty, Mark Labbett, Shaun Wallace, Paul Sinha and Darragh Ennis, hoping to win big money. (S)(AD)
9.00 I Fought the Law New episode 3/4. The killer begins to brag about how he got away with murder, so Anne launches a campaign to change the double jeopardy law. (S)(AD)
■ Concludes tomorrow
10.00 ITV News (S)
10.15 NEW SERIES Lioness *Sacrificial Soldiers:* 1/8. Spy thriller starring Zoe Saldaña and Laysla De Oliveira. A senior CIA case officer recruits a former US Marine for an undercover team of female operatives that she leads. (S1) (S)
11.05 Lioness New episode *The Beating:* 2/8. Joe prepares Cruz for the mission's challenges. (S1) (S)
■ Entire series available on ITVX
12.00 M'T **Teleshopping**
3.00 AM **Motorsport UK** (S)(R)
3.50 Unwind with ITV (S)
5.05 to 6.00 AM **Ainsley's Fantastic Flavours** (S)(SL)(R)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.15 AM **Cheers** 5-7/26. (S10) (S)(R)
7.35 **Everybody Loves Raymond** (S)(R)
8.25 **Frasier** 2-4/24. (S2) (S)(R)(AD)
10.00 **Sunday Brunch** New edition With guests Phil Ellis and AJ Odudu. Plus, music from Tom Odell. (S)
1.00 PM **The Simpsons** (S)(R)(AD)
2.25 **Four in a Bed** The first visit of the week is to community-owned B&B The Gun at Ridsdale. (S)(R)
2.55 The rivals go glamping at the Marthrown of Mabie site tucked away in a forest in Dumfries. (S)(R)
3.25 The third visit is to Dale View B&B in Holmrook, Cumbria. (S)(R)
3.55 From the Cross Inn in Heptonstall, West Yorkshire. (S)(R)
4.25 Payment Day arrives. (S)(R)
4.55 **Grand Designs** A couple build a home out of stone and zinc in West Yorkshire. (S)(R)(AD)

8.00 Educating Yorkshire

6.00 News (S)
6.30 F1: Italian Grand Prix Highlights Steve Jones presents action from the 16th round of the season, held at Monza Circuit. Ferrari's Charles Leclerc delighted the Tifosi here with victory last year, but he was likely to face stiff competition this time around from the McLaren duo of Oscar Piastri and Lando Norris. With analysis from David Coulthard and Ariana Bravo. (S)

8.00 Educating Yorkshire New edition The pressure of secondary school starts to get real for Year 10 pupil Casey, who is dyslexic, a condition that has left her feeling insecure, self-conscious and different. (S)(AD)
9.00 The Inheritance New edition 4/12. The players must fulfil the final orders from the Deceased's farm shop and prepare an order for luxury VIP hampers. (S)(AD)
■ Continues tomorrow
10.00 Gogglebox The armchair critics gather in front of their TVs once more to give their thoughts on the week's programmes. (S)(R)(AD)

11.00 FILM Legends of the Fall Epic drama starring Brad Pitt, Anthony Hopkins and Aidan Quinn. (S) (1994, 15, 150min) ★★★★
1.30 AM **Ramsay's Kitchen Nightmares USA** (S)(SL)(R)
2.20 The Fear Clinic: Face Your Phobia (S)(SL)(R)(AD)
3.15 The Simpsons (S)(R)(AD)
4.55 George Clarke's Amazing Spaces
5.50 to 6.30 AM **Countdown** (S)(R)

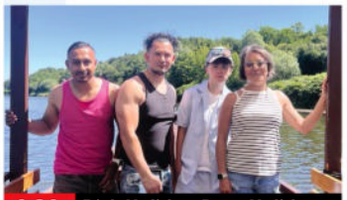
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
8.55 **SpongeBob SquarePants** (S)(R)
9.05 **Entertainment News** (S)
9.20 **Cruising with Jane McDonald** Jane's tour of Alaska. (S)(R)
9.35 **Holidaying with Jane McDonald** Triple bill. (S)(R)
12.30 PM **Sicily: Jewel of the Med** Exploring the largest island in the Mediterranean. (S)(R)
1.30 **Cumbria: The Lakes & the Coast** Harriet plans to turn the milk she collects from her goats into cheese. (S)(R)
2.35 **Cumbria: The Lakes & the Coast** The new manager of Muncaster Castle makes plans to diversify. (S)(R)
3.35 FILM **Crocodile Dundee** Comedy starring Paul Hogan. (S) (1986, 15, 115min) ★★★★★



9.30 Rich Holiday, Poor Holiday

5.30 LIVE **American Football: NFL Big Game Night** Washington Commanders v New York Giants: Coverage of the week one match staged at Northwest Stadium in Maryland. During breaks in the live action, Dermot O'Leary hosts a new game show, with two competing teams of friends facing off in fun challenges – where the NFL game action has consequences in the studio. With Sam Quek and Osi Umenyiora. Kick-off is at 6.00. (S)
■ NFL: Green Bay Packers v Detroit Lions is on 5Action at 9pm (kick-off 9.25pm).

9.30 **Rich Holiday, Poor Holiday** New edition Self-made millionaire Mindy and best friend Antz travel to Poland with hard-up mum and daughter Natasha and Anaisa to experience two wildly different holidays. (S)

10.30 **Inside the Four Seasons: Park Lane** 2/4. *Countdown* star Rachel Riley and husband Pasha Kovalev, of *Strictly* fame, check in, as does hotel founder and philanthropist Mr Isadore Sharp – leaving the staff eager to impress. (S)(R)

11.30 **Prince Andrew: On Trial** Exploring whether Prince Andrew has been a liability to the House of Windsor. (S)(R)
1.20 AM **PlayOJO Live Casino Show**
3.20 **Elvis: Rise and Fall of the King**
4.35 **The Flying Scotsman** (S)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Boosnoo! Mega Mashups**
6.15 **Ready Eddie Go!** (S)(R)(AD)
6.30 **Emerald** (S)(R)(AD)
6.40 **The Brilliant World of Tom Gates** (S)(R)(AD)
6.50 **Silly Animals** (S)(R)
7.00 **Monkey Life** (S)(R)
8.30 **Sunday Morning with Trevor Phillips**
10.00 **The Office (US)** (S2) (S)(R)
11.00 LIVE **Football: WSL** Liverpool v Everton: Coverage of the match from the opening weekend of the season at Anfield. Kick-off is at 12.00.
2.30 PM **The Simpsons** (S)(R)
3.30 **David Attenborough's Conquest of the Skies** (S)(R)
5.30 **F1: Italian Grand Prix Highlights** The 16th round of the season at Monza Circuit.

9.00 S.W.A.T.

6.30 **Ted's Notebook** Ted Kravitz shares his thoughts on the Italian Grand Prix, the 16th round of the season at Monza Circuit. (R)

7.00 **Rob & Romesh vs the NFL** Rob Beckett and Romesh Ranganathan meet and train with American football players, then get kitted up for a match in front of 80,000 people. (S)(R)(AD)

8.00 **Rob & Romesh vs Anthony Joshua Revisited** Rob and Romesh meet the world heavyweight champion, watching him in action and chatting to fellow boxer Tony Bellew. (S)(R)(AD)

9.00 **S.W.A.T.** New episode *Left of Boom:* 8/22. Hondo and the team race to stop a nuclear attack on Los Angeles when radioactive material is stolen from a local lab. (S8) (S)

10.00 **The Sopranos** *Down Neck:* 7/13. AJ is called into the principal's office when he turns up drunk at the gym, and Tony reminisces about his own childhood. (S1) (S)(R)

11.05 **The Sopranos** 8/13. Rumours of an FBI clampdown force Tony to stash all his guns, cash and stolen jewellery. (S1) (S)(R)
12.05 AM **F1: Italian Grand Prix Highlights** Action from the 16th round of the season staged at Monza Circuit. (R)
1.05 **Brassic** 5&6/7. (S6) (S)(R)(AD)
3.00 **Road Wars** (S)(R)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.15pm The Sunday Show (S)(R) **2.45-3.20pm** Songs of Praise New edition (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.10pm The Chronicles of Armagh (S)(R)
7.30-10.00pm LIVE International Football (S)

WALES
Sky 965, Virgin 864, Freesat 965
4.45pm Wales on The One Show (S)(R)
5.15-5.45pm SOS: Extreme Rescues (S)(R)

BBC2

N. IRELAND
Sky 969, Freesat 969
6.30pm Suzie Lee's Great Food Made Simple (S)(R)
6.40 Paula McIntyre's Hamely Kitchen USA (S)(R)
7.10 Antiques Roadshow New edition (S) **8.10** NEW SERIES Freddie Flintoff's Field of Dreams: Ultimate Test (S)(AD) **9.10-10.00pm** King & Conqueror New episode (S)(AD)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **9.00** Yn y Gwaed **10.00** Garddio a Mwy **10.30** Cynefin **11.30** Ceffylau, Sheikhs a Chowbois **12.00noon** Rygbi Cymru: Y Gêm yn y Gwaed **1.00pm** Triathlon Cymru **2.00** Arfordir Cymru: Môn **2.30** Ty Ffit **3.30** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **4.05** Pobol y Cwm Omnibws (AD) **5.15** LIVE Sgorio **7.45** Newyddion a Chwaraeon **8.00** Am Dro! New edition **9.00** Efengylwyr – Oes Atgyfodiad **10.00** Y Stiwdio Grefftau (AD) **11.00-11.35pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD)

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Laugh Lessons**
7.05 **The Snail and the Whale** Animated adaptation with the voice of Sally Hawkins.
7.30 **The Fast and the Farmer-ish** Teams from England and Wales rev up for a thrilling semi-final. **8.00** Teams from Northern Ireland and Scotland compete in this semi-final. **8.30** The Grand Final of the tractor-driving championship.
9.00 **Stranded on Honeymoon Island** 1/12. Reality dating show with Davina McCall. **10.00** 2/12. Three couples get hitched on Honeymoon Island and leap into their stranded life together. **11.00** 3/12. A mysterious crate drifts ashore to help the honeymooners get better acquainted.
12.00 M'T **Smoggie Queens**
1.00 AM **The Big Proud Party Agency** Double bill.
2.00 **Tommy: The Good. The Bad. The Fury**
2.30 **to 4.00** AM **The Fast and the Farmer-ish**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Around the World in 80 Gardens** A look at the effects of colonisation on Australasia's plant life.
8.00 NEW **Celebrating Chineke! at the Proms** Clive Myrie presents from the Royal Albert Hall as the orchestra performs Shostakovich's epic *Symphony No10* alongside classics from Coleridge-Taylor and Valerie Coleman.
9.50 **Chineke! at the Proms** Clara Amfo presents a concert from 2023 in which the orchestra performs Beethoven's *Fourth Symphony* and Haydn's *Trumpet Concerto* at the Royal Albert Hall.
11.50 **Bob Marley Reimagined** A concert at Birmingham's Town Hall celebrating the reggae superstar.
12.50 AM **How to Build a Cathedral** Exploring how cathedrals were constructed.
1.50 **Cornwall's Red River**
2.20 **to 3.20** AM **Around the World in 80 Gardens**

MORE4

136/137 127 147 18 124 15

8.55 AM **A Place in the Sun** Seven editions of the series.
3.40 PM **Come Dine with Me** Pharmacist Shikha hosts a dinner in Bournemouth. **4.10** Former royal butler Ed serves a meal fit for royalty. **4.40** Accountant Ksara hosts the third night. **5.15** Sales manager Andy plans to wow his guests with a vegetarian Indian menu. **5.45** Driving instructor Sarah is the final one to host in Bournemouth.
6.20 **Four in a Bed** The first destination is 35 Main Street in Pembrokeshire. **6.50** Unique off-grid tree-top accommodation at Chillderness in Powys. **7.25** The third visit is at Redberth Gardens in Tenby. **7.55** The final visit is to Tanya and Gary's Bae Abermaw B&B, Gwynedd. **8.25** The winner is revealed.
9.00 **999: On the Front Line** A call comes in from a GP surgery for a child suffering a severe asthma attack.
10.00 **24 Hours in A&E** A builder is rushed in after an accident.
11.05 **24 Hours in A&E** Two pensioners are knocked over by a motorcyclist.
12.10 AM **999: On the Front Line** Double bill of editions.
2.20 **24 Hours in A&E**
3.25 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks Omnibus**
7.05 **Ramsay's Kitchen Nightmares USA**
9.00 **The Big Bang Theory**
11.30 **The Great British Bake Off**
1.05 PM FILM **Teenage Mutant Ninja Turtles** Fantasy. (2014, 12, 101min) ★★
3.00 FILM **Home Alone 2: Lost in New York** Comedy sequel. (1992, PG) ★★
5.20 **Lego Masters Australia** New edition Teams build visual representations of wacky new Olympic sports.
6.35 **The Simpsons** Five episodes, including at: **7.30** *The Simpsons' Spin-Off Showcase:* Troy McClure hosts three spin-off segments. **8.00** *Double, Double, Boy in Trouble:* Bart trades lives with a wealthy lookalike. **8.30** *Sex, Pies and Idiot Scrapes:* Homer decides to become a bounty hunter.
9.00 FILM **Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination. (2020, 15, 124min) ★★★
11.25 **Gogglebox**
12.30 AM **Open House: The Great Sex Experiment**
1.35 **First Dates**
2.40 **Below Deck: Mediterranean**
4.10 **The Goldbergs**
4.35 **to 6.00** AM **Hollyoaks Omnibus**

+1 hr 235/236 306 30 123 256

Sunday primetime

SUNDAY Entertainment

Sunday

Sky Witness

107 107 110 341 356

6.00 AM **Border Security: Canada's Front Line**
7.00 **UK Border Force**
9.00 **Stop, Search, Seize**
10.00 **Send in the Dogs**
11.00 **The Force: Manchester**
12.00 NOON **Caught on Dashcam** Disasters captured on video by dashboard cameras.
1.00 PM **Border Patrol** Following the work of customs agents in New Zealand.
2.00 **Nothing to Declare** Ten editions of the series following the work of customs officers.

10.00 The Rookie

7 PM
7.00 **Nothing to Declare** Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 **Caught on Dashcam** New edition Road disasters captured on video by drivers' dashboard cameras.

9 PM
9.00 **Matlock** *Belly of the Beast:* 7/19. A woman experiences severe symptoms following a clinical trial. (S1)

10 PM
10.00 **The Rookie** *Mad About Murder:* 14/18. Tim gets a strange message that launches an investigation into the dark web. (S7)
11.00 **The Good Doctor** 4/20. (S4)
12.00 M'T **Bull** 9/16. (S5)
1.00 AM **Law & Order: Special Victims Unit** 5/13. (S25)
2.00 **Elsbeth** New episode (S2)
3.00 **FBI** 9/15. (S3)
4.00 **to 6.00** AM **Nothing to Declare**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
8.00 **Westworld** 6-10/10. (S1)
2.20 PM **Game of Thrones** 10/10. Cersei finds herself seeking forgiveness. (S5)
3.30 1/10. Ramsay sends his dogs after Theon and Sansa.
4.35 2/10. Bran trains with the Three-Eyed Raven, while the Night's Watch stands behind Alliser Thorne.
5.40 3/10. Tommen confronts the High Sparrow.
6.45 4/10. Jorah and Daario undertake a difficult task. (S6)

9.00 True Detective

7.55 **Game of Thrones** *The Door:* 5/10. Tyrion seeks a new ally, and Brienne goes on a mission while Arya is given a chance to prove herself. Elsewhere, Bran learns a great deal. (S6)

9.00 **True Detective** *The Great War and Modern Memory:* 1/8. The disappearance of a young brother and sister leads to a frantic search. (S3)
10.10 **The Wire** 6/13. Following his lover's murder, Omar agrees to testify in the Gant trial. (S1)
11.20 **The Last of Us** 2/9. (S1)
12.25 AM **In Treatment** 14/43. (S1)
12.55 **Game of Thrones** 6/10. (S2)
2.00 NEW SERIES **Task** 1/7. Crime drama with Mark Ruffalo. (S1)
3.15 **Succession** 3/9. (S3)
4.30 **In Treatment** (S1)
5.00 **to 6.00** AM **The Guest Wing**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S1 &2)
10.00 **NCIS: Los Angeles** (S14)
3.00 PM **Grimm** 9/22. Two magical creatures seem to be connected to a murder victim.
4.00 10/22. Nick investigates an organ-harvesting plot.
5.00 11/22. Nick and Hank hunt for a woman who is actually a spider creature that devours the internal organs of men to survive.
6.00 12/22. Nick and Hank uncover an underground fighting circuit. (S1)

10.00 David Brent: Life on the...

7.00 **Rob & Romesh vs the NFL** The comedians meet and train with American football players, then get kitted up for a match.

8.00 **Rob & Romesh vs Anthony Joshua Revisited** The duo chat to the heavyweight boxer.

9.00 **S.W.A.T.** New episode *Left of Boom:* 8/22. Hondo and the team race to stop a nuclear attack on Los Angeles. (S8)

10.00 **FILM David Brent: Life on the Road** Mockumentary spin-off starring Ricky Gervais. More than a decade on from his appearance in *The Office*, David Brent dreams of a music career. (2016, 15, 96min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
12.00 M'T **Brassic** 5&6/7. (S6)
2.00 AM **Road Wars** Double bill.
4.00 **to 6.00** AM **Sun, Sea and A&E**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dress to Impress**
8.45 **The Only Way Is Essex**
10.45 **Deal or No Deal**
12.45 PM **Wheel of Fortune**
1.45 **Catchphrase**
2.25 **FILM Stuart Little** Fantasy adventure featuring the voice of Michael J Fox, co-starring Geena Davis and Hugh Laurie. (1999, U, 84min) ★★★★★
4.10 **FILM Madagascar** Animated comedy featuring the voices of Ben Stiller and Chris Rock. (2005, U, 86min) ★★★

5.55 Wonder Woman 1984

5.55 **FILM Wonder Woman 1984** Fantasy sequel starring Gal Gadot and Pedro Pascal. Diana Prince must contend with Maxwell Lord, whose desire for extreme wealth sends the world down a path of destruction. (2020, 12, 151min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Only Way Is Essex** New edition There are much bigger things going on beneath the recent chaos and drama in Essex.

10.00 **Family Guy** 12/20. Peter is grounded by Lois.
10.30 13/20. Stewie's serene future life is interrupted by Brian. (S18)
11.00 **Family Guy** 4/20. The Disney network decides that it's time to reboot the series.
11.30 5/20. Quagmire plans to open a cat cafe. (S18)
12.00 M'T **American Dad!** (S14&13)
1.05 AM **Deal or No Deal**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **A Touch of Frost**
8.10 **Agatha Christie's Poirot**
9.20 **Endeavour**
11.20 **The Darling Buds of May**
1.35 PM **Agatha Christie's Marple** *The Mirror Crack'd from Side to Side:* A film fan is poisoned at a party.
3.35 **Vera** *Telling Tales:* DCI Vera Stanhope investigates an 11-year-old murder case.
5.30 **FILM Downton Abbey: A New Era** Drama with Hugh Bonneville and Jim Carter. (2022, PG, 124min) ★★★

5.30 Downton Abbey: A New Era

FILM Downton Abbey: A New Era (film started at 5.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Doc Martin** 1/9. Martin makes efforts to overcome his fear and begins to question his decision about resigning.

9.00 **Doc Martin** 2/9. The surgery is chaotic, and Bert's business venture with AI does not get off to a good start. (S10)

10.05 **Vera** *Tuesday's Child:* The detective investigates the discovery of a homeless young man's body in an area notorious for illicit teenage gatherings.
11.55 **Playing Nice** 3/4. Pete is questioned by police.
12.55 AM 4/4. The fate of the boys is set to be decided. (S1)
2.00 **On the Buses**
2.30 **Teleshopping**
4.00 **to 4.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

10.00 AM **The Sunday Show**
10.30 **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.15 **Make It to Munich** A charity cycle ride from Glasgow to Munich.
8.15 **Sacked in the Morning** With Tony Cottee.
8.30 **Designing the Hebrides** Transforming a fish shop in Tobermory.
9.00 **Disaster at Sea: The Piper Alpha Story** Series finale 3/3. The Cullen Inquiry reveals fatal errors and ignored warnings.
10.00 **Still Game** 4/6. Jack and Victor ask an old friend for help. (S3)
10.30 **Scot Squad** 6/6. The officers have to deal with an expensive drop of whisky. (S4)
11.00 PM **to 12.00** M'T **Mhairi Black: Being Me Again** The ex-SNP MP talks politics, neurodiversity and stand-up comedy.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **The Conners** (S3)
10.15 **Veep** 5-8/10. (S4)
12.55 PM **Sex and the City**
4.00 **Will & Grace** (S2)
6.30 **The Office (US)** 12/22. Michael injures his foot.
7.00 13/22. Dwight conducts an investigation.
7.30 14/22. Michael reminisces about his pre-management days.
8.00 15/22. Michael hosts a seminar.
8.30 16/22. Michael heads to New York. (S2)
9.00 **Rose Matafeo: On and On and On** Stand-up.
10.15 **And Just Like That...** *Sex and the Widow:* 7/10. Carrie gets a proposition from her book publisher.
11.00 *Bewitched, Bothered and Bewildered:* 8/10. Miranda considers a life-altering decision.
11.45 *No Strings Attached:* 9/10. Charlotte helps Lily. (S1)
12.25 AM **Girls** 1-5/10. (S1)
3.20 **to 5.00** AM **Entourage**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **An American in Paris: The Musical**
8.20 **Tales of the Unexpected**
10.45 **Alfred Hitchcock Hour**
12.45 PM **Lennon's Last Weekend** A look at the musician's final interview.
2.15 **The Hollies: Look Through Any Window**
4.45 **Clint Eastwood: A Life in Film** The actor discusses his career.
6.30 **Discovering Westerns on Film** The origins of the movie genre.
8.00 **FILM The Magnificent Seven** Classic Western starring Yul Brynner and Steve McQueen. (1960, PG, 138min) ★★★★★
10.35 **Ennio: The Maestro** Documentary celebrating Italian composer Ennio Morricone.
1.30 AM **Cirque du Soleil**
3.45 **Brendan Gleeson's Farewell to Hughes's**
5.00 **to 6.00** AM **Discovering**

Sky Mix

151 158 135 11 141 23

6.00 AM **Border Patrol**
8.00 **Let's Game**
8.25 **Silly Pets**
8.35 **Impossible Animals**
8.45 **Isadora Moon**
9.00 **Star Trek: The Next Generation** (S2)
1.00 PM **Caught on Dashcam**
3.00 **Border Security: Canada's Front Line**
5.00 **Caught on Dashcam**
6.00 **Caught Red Handed**
8.00 **The Rookie** (S5)
10.00 **NCIS: New Orleans** *Something in the Air – Part Two:* 2/16. Tammy and Carter investigate the suspicious death aboard the ship.
11.00 *One of Our Own:* 3/16. When a police officer is murdered, the team take on a group of corrupt cops. (S7)
12.00 M'T **Caught on Dashcam**
1.00 AM **Night Cops**
2.00 **Motorway Patrol**
4.00 **to 6.00** AM **Border Patrol**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune**
3.00 **Tenable** Five university friends take part.
4.00 Five old schoolmates compete.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Contestants from Doncaster, Newbury and Hull take part.
7.00 With contestants from Hemel Hempstead, Merseyside and Northern Ireland.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Donna takes on the infamous Banker.
9.00 **Wheel of Fortune** Graham Norton hosts the game show.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Wheel of Fortune**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.10 AM **Murder, She Wrote**
11.10 **A Fine Romance**
12.10 PM **Man About the House** 1/7. (S1)
1.10 **Rising Damp** (S1)
2.10 **FILM Carry On Nurse** Vintage comedy. (1959, b/w, PG, 85min) ★★★
4.00 **FILM The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
6.40 **FILM Six Days Seven Nights** Romantic comedy. (1998, 12, 101min) ★
8.50 **FILM Twister** Disaster movie with Helen Hunt. (1996, PG, 114min) ★★★
11.15 **FILM The Englishman Who Went Up a Hill, But Came Down a Mountain** Period comedy drama. (1995, PG, 99min) ★★★
1.20 AM **The New Avengers**
3.10 **Randall and Hopkirk (Deceased)** 8/26. (S1)
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **Auto Mundial**
6.50 **Motorsport Highlights**
8.20 **World Rally Championship**
9.20 **British Touring Car Championship Highlights**
10.55 **Made in Britain**
11.25 **LIVE Cycling: Tour of Britain** The sixth and final stage.
2.15 PM **LIVE Racing: Sky Bet Sunday Series** From York.
6.00 **Nijinsky's Triple Crown**
6.10 **FILM Jurassic Park III** Thriller sequel starring Sam Neill. (2001, PG, 92min) ★★★

6.10 Jurassic Park III

FILM Jurassic Park III (film started at 6.10pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8.00 **Cycling: Tour of Britain Highlights** The sixth and final stage, a 122.4km route starting in Newport and ending in Cardiff.

9.00 **FILM Lethal Weapon** Action thriller starring Mel Gibson and Danny Glover. A volatile undercover cop and his unwilling new partner take on a drugs gang. With Gary Busey and Darlene Love. (1987, 15, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **FILM Lethal Weapon 2** Action thriller sequel starring Mel Gibson and Danny Glover as LA cops on the trail of a South African drug trafficker. (1989, 15, 110min) ★★★★
1.25 AM **Berlin Station** 7/10. (S1)
2.25 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **FILM 2025 Armageddon** Adventure starring Anthony Jensen. (2022, 12, 90min) ★★
1.00 PM **Stargate Atlantis** Five episodes, including at: **4.00** 2/20. Sheppard plans to steal a power source. **5.00** 3/20. The team stumble upon survivors from Ronon's homeworld. (S4)
6.00 **Star Trek: Deep Space Nine** 15/20. Major Kira Nerys defies the beliefs of her people. (S1)

11.00 The Ark

7.00 **Star Trek: Deep Space Nine** *If Wishes Were Horses:* 16/20. The fantasies of the crew members come true.

8.00 **Star Trek: Deep Space Nine** *The Forsaken:* 17/20. Lwaxana Troi becomes fascinated by Odo.

9.00 **Star Trek: Deep Space Nine** *Dramatis Personae:* 18/20. An alien influence causes Kira to mutiny.

10.00 **Star Trek: Deep Space Nine** *Duet:* 19/20. Kira suspects a notorious criminal is at large. (S1)

11.00 **The Ark** 1/12. The crew of spaceship *Ark One* must save the future of humanity. **12.00** M'T 2/12. The water crisis takes a turn for the worse. **1.00** AM 3/12. The crew discover an asteroid just hours away from impact. **2.00** 4&5/12. (S1)
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S18)
10.00 **Inspector George Gently**
12.00 NOON **Father Brown**
4.00 PM **Maisie Raine** 3/6. The theft and subsequent criminal misuse of DC Tomlin's warrant card adds to DI Raine's woes. **5.00** 4/6. Maisie investigates a fire-bombing at the home of a former police officer. (S2)
6.00 **Beyond Paradise** 1/6. A murder mystery rehearsal becomes all too real when the amateur murder victim gets a real knife in his back. (S2)

7.00 Beyond Paradise

7.00 **Beyond Paradise** 2/6. An amateur psychic's unsettling predictions for a grieving woman's future start to come true. (S2)

8.00 **Death in Paradise** *Murder in the Stars:* 1/8. An eminent astronomer dies in mysterious circumstances.

9.00 **Death in Paradise** *The Communal Death:* 2/8. A member of a commune is poisoned in a locked bunker. (S12)

10.00 **Father Brown** *The Winds of Change:* A killer uses Kembleford's model village to plan their attacks.
11.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Frank becomes the prime suspect in a murder case. **12.00** M'T 10/10. Sebastian faces his first solo case. (S4)
1.00 AM **Beyond Paradise**
3.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.10 AM **Only Fools and Horses**
1.25 PM **Only Fools and Horses** Nine episodes, including at: **6.00** Del Boy encounters an old flame from almost 20 years previously, and Rodney experiences the joys of dating – but the brothers soon face awkward questions from the past. Guest stars Diane Langton. **6.40** Del Boy and Rodney attend Grandad's funeral – and meet a certain long-lost seafaring uncle who ends up outstaying his welcome.

7.20 Only Fools and Horses

7.20 **Only Fools and Horses** Uncle Albert falls into the pub cellar, but turns his injury into a profit-making opportunity.

8.00 **Dad's Army** Sgt Wilson struggles to concentrate on his Home Guard duties.
8.35 **Only Fools and Horses** Rodney aspires to become a pop star, but Del Boy ruins his chances. **9.15** The Trotters dog-sit for Boycie and Marlene. **9.55** Del pays a stripper to attend a party at the Nag's Head with Rodney. **10.35** Del Boy sees a chance to make a quick profit involving Denzil's redundancy money.
11.15 **Knowing Me, Knowing You – With Alan Partridge**
12.35 AM **The Thin Blue Line**
1.15 **Knowing Me, Knowing You – With Alan Partridge**
2.30 **The Thin Blue Line**
3.10 **to 4.00** AM **Knowing Me, Knowing You – With Alan...**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **American Pickers**
10.00 **Our Guy in Colombia** 2/2. Guy Martin tries his hand at a semi-illegal cycling sport.
11.00 **Top Gear** Double bill.
1.00 PM **Storage Hunters UK**
3.00 **Hairy Bikers Everyday Gourmets** Double bill.
5.00 **The Americas with Simon Reeve** Simon travels the length of North and South America. **6.00** Simon travels down the Rocky Mountains from Montana to Colorado.

10.00 QI XL

7.00 **Special Ops: To Catch a Criminal** A gunfight in suburban Kent leaves a victim seriously wounded.

8.00 **Alison & Larry: Billericay to Barry** Alison and Larry get lost in the maze at Blenheim Palace and try puppet-making.

9.00 **Have I Got a Bit More News for You** Hosted by Victoria Coren Mitchell, with guests Stacey Dooley and Andy Hamilton.

10.00 **QI XL** Sandi Toksvig celebrates 100 years of the BBC, with Zoe Lyons, Greg James, Richard Osman and Alan Davies.
11.00 **Mock the Week** With Angela Barnes, Ed Byrne, Kerry Godliman and Milton Jones. **11.40** With Tom Allen, Ed Gamble and Rosie Jones.
12.20 AM **Live at the Apollo**
1.20 **Schitt's Creek**
3.05 **to 4.00** AM **Gassed Up**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Four in a Bed**
2.00 PM **Location, Location, Location**
3.00 **George Clarke's Remarkable Renovations**
4.00 **A Place in the Sun**
6.00 **A Place in the Sun: What Happened Next?**
7.00 **A Place in the Sun** A couple seek their perfect property in Paralimni, Cyprus.
8.00 **The Dog House** An abandoned Pomeranian meets a potential adoption family.
9.00 **Gogglebox** Opinions on *Celebrity Bear Hunt.* and *The Apprentice.*
10.00 **FILM Once Upon a Time in... Hollywood** Comedy drama. (2019, 18, 161min) ★★★★★
1.15 AM **Gogglebox**
2.20 **Grand Designs**
3.25 **Kirstie and Phil's Love It or List It**
4.25 **to 4.55** AM **Travel Man: 48 Hours in Salzburg**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **Blue Bloods** (S2)
1.00 PM **NCIS** 5-9/16. (S18)
6.00 **NCIS** *Watchdog:* 10/16. A case involving a dog-fighting ring sends Gibbs past his breaking-point. **7.00** *Gut Punch:* 11/16. McGee, Torres and Bishop are assigned to Covid compliance duties. **8.00** *Sangre:* 12/16. Evidence from the stabbing of a Marine sergeant leads Torres to meet his father. (S18)
9.00 **Wild Cards** *The Infinity Thief:* 1/10. Seasoned con woman Max Mitchell attempts to crack tricky cases with Detective Cole Ellis. (S1)
10.00 **Law & Order: Special Victims Unit** (S19)
1.50 AM **Criminal Minds: Evolution** 7/22. (S16)
2.55 **to 3.45** AM **Criminal Minds**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Friends** (S2)
10.00 **Car Pound Cops**
1.00 PM **Traffic Cops**
5.00 **Police Interceptors** Officers battle to stop a dangerous driver. **6.00** A van driver blocks himself into a dead end. **7.00** The team target drug hotspots. **8.00** Officers investigate reports of someone brandishing a blade.
9.00 **999: Emergency Call Out** Officers track a van known for catalytic converter thefts.
10.00 **The Hospital: Life on the Line** A 60-year-old woman has surgery to fix a faulty heart valve.
11.00 **Trauma Room One**
12.00 M'T **Banged Up Abroad**
1.00 AM **Killer at the Crime Scene** Documentary.
2.00 **Police Interceptors**
3.35 **to 4.00** AM **Highway Patrol**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Trucking Hell**
9.20 **Ice Cold Catch**
10.20 **Ice Road Truckers**
12.20 PM **Mud Mountain Haulers** Documentary.
1.20 **Outback Truckers**
3.20 **FILM Red River Range** Western adventure with John Wayne. (1938, b/w, U, 56min) ★★
4.25 **FILM The Man with the Gun** Western starring Robert Mitchum. (1955, b/w, PG, 88min) ★★★
6.10 **FILM Mackenna's Gold** Western adventure with Gregory Peck, Omar Sharif and Telly Savalas. (1968, 15, 136min) ★★★
9.00 **LIVE American Football: NFL** Green Bay Packers v Detroit Lions: Sam Quek and Osi Umenyiora present coverage of the week one match at Lambeau Field. Kick-off is at 9.25.
12.30 AM **Motorway Patrol**
1.00 **to 4.00** AM **Fights, Camera, Action!**

U&W

132/133 131/133 125 25 156 28

6.10 AM **Tipping Point**
11.00 **999 Rescue Squad**
7.00 PM **Inside the Ambulance** A patient with suspected sepsis is rushed to hospital. **8.00** Paramedics help an 81-year-old woman with dementia.
9.00 **Inside the Operating Theatre** A three-year-old boy needs an operation on his tongue.
10.00 **Stacey Dooley Sleeps Over** Stacey meets an outspoken supporter of commercial surrogacy.
11.00 **Emergency: First Time Medics** A Reading Festival-goer suffers a possible drug overdose. **12.00** M'T Claire deals with a woman with agonising chest pain.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **The Bill**
12.25 PM **Kingdom**
3.30 **Catherine Cookson's The Rag Nymph**
6.40 **Call the Midwife** 5/9. Nancy grows suspicious of a young father's erratic behaviour. (S12)
8.00 **Sister Boniface Mysteries** *Don't Try This at Home:* 1/12. The nun investigates a murder on the set of a children's TV show. (S2)
9.00 **Silent Witness** *The Prodigal:* Harry and Nikki investigate a shooting at the Dutch embassy.
11.15 **New Tricks** *Breadcrumbs:* Danny investigates the death of a modern-day Miss Marple.
12.35 AM **Sister Boniface Mysteries** As 8.00pm.
1.35 **Hamish Macbeth**
2.30 **Birds of a Feather**
3.00 **to 4.00** AM **The Count of Monte Cristo**

+1 hr 243 316 60 260

Sunday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** With Lee Sharpe.
7.00 **Teleshopping**
8.00 **Celebrity Fantasy Homes** Double bill.
10.00 **My Dream Derelict Home in the Sun**
12.00 NOON **Who Do You Think You Are?**
2.00 PM **Long Lost Family: What Happened Next**
3.00 **A Place in the Sun**
7.00 **Long Lost Family: What Happened Next** The stories of two women whose searches took them to opposite sides of the globe.
8.00 **Long Lost Family Australia** Chrissie Swan and Anh Do help a mother-of-four to track down her birth father.
9.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Celebrity Fantasy Homes**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Bidding Room**
9.00 **Tenable** Double bill.
11.00 **Play Your Cards Right**
12.00 NOON **Pointless Celebrities** Stars from the sporting world take part in the quiz show.
1.00 PM **Through the Keyhole** Double bill.
2.00 **Who Wants to Be a Millionaire? Olympic Special – Part One**
3.00 **Celebrity Who Wants to Be a Millionaire?**
4.00 **The Bidding Room**
5.00 **Tenable** Quiz show.
6.00 **The Chase Celebrity Special** With Annabel Croft, Mike Bushell, Rhea Bailey and Rylan.
7.00 **The Chase** Double bill.
9.00 **The Chase Celebrity Special** With Mathew Horne, Al Murray, Jodie Kidd and Danny Care.
10.00 **The Chase** Six editions.
4.00 AM **The Chase Celebrity Special**
5.00 **to 6.00** AM **The Chase**

Great! Action

323 319 426 42 33

9.00 AM **Tombstone Territory** Western.
9.30 **The High Chaparral**
11.30 **FILM The Sand Pebbles** Adventure starring Steve McQueen. (1966, 15, 193min) ★★
3.00 PM **FILM Yellow Sky** Western. (1948, b/w, PG, 98min) ★★★
5.10 **FILM The Gunfighter** Western drama starring Gregory Peck. (1950, b/w, U, 84min) ★★★★
7.05 **FILM The Tall Men** Western starring Clark Gable and Robert Ryan. (1955, PG, 122min) ★★★
9.40 **FILM The Punisher** Action thriller with Tom Jane and John Travolta. (2004, 18, 123min) ★★★
12.10 AM **The Persuaders!**
3.10 **Cops Uncut** Double bill.
4.00 **FILM Asteroid: Final Impact** Disaster thriller. (2015, PG, 86min) ★
5.25 **to 5.50** AM **Cops Uncut**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **Police Ten 7**
8.30 **Sue Thomas: F.B.Eye**
9.30 **Ruth Rendell Mysteries: Road Rage**
2.00 PM **Murder, She Wrote**
5.00 **Sue Thomas: F.B.Eye**
7.00 **Unforgettable** *Pilot:* 1/22. First episode of the crime drama starring Poppy Montgomery. **8.00** *Heroes:* 2/22. Carrie reaches out to the traumatised son of a murdered couple. (S1)
9.00 **FILM A Kind of Murder** Crime drama starring Patrick Wilson. (2016, 15, 95min) ★★★
11.05 **FILM Her Son's Secret** Mystery thriller. (2018, PG, 87min) ★★
1.15 AM **FILM Deadly Hope** Crime thriller. (2012, PG, 87min) ★★
2.50 **FILM Ex-Wife Killer** Suspense thriller. (2017, 12, 85min) ★★
4.25 **to 4.50** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Christmas Comes Home** Drama. (2020, PG, 84min) ★★
10.05 **FILM The Perfect Christmas Village** Fantasy. (2018, PG) ★★
12.00 NOON **FILM A Rose for Christmas** Drama. (2017, U, 90min) ★★
1.55 PM **FILM Deck the Heart** (2023, PG) ★★
4.05 **FILM Spotlight on Christmas** (2020) ★★
5.55 **FILM Maggie's Christmas Miracle** Drama. (2017, U) ★★
8.00 **FILM Christmas on Mistletoe Lake** Drama. (2022, PG, 87min) ★★
9.50 **FILM Christmas Festival of Ice** Drama. (2017, PG, 90min) ★★
11.50 **FILM A Family for the Holidays** (2018, U) ★★
1.45 AM **FILM A Family for Christmas** (2015) ★★
3.20 **to 4.50** AM **FILM Deck the Heart** As 1.55pm.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **A Sharp Intake of...**
10.00 **Jokers Wild**
10.30 **Please Sir!** (S3)
11.30 **Carry On Laughing** (S1)
1.00 PM **FILM The Little Princess** (1939, U) ★★
2.50 **Rewind & Remember**
3.00 **Don't Drink the Water**
3.30 **The Tony Hancock Show**
4.00 **Tracing the Rails**
4.30 **Old Country**
5.00 **Walking Westward**
5.30 **Jokers Wild**
6.00 **We Had One of Those**
6.10 **A Sharp Intake of Breath** 2&3/6. (S4)
7.10 **Please Sir!** (S3)
8.10 **Police Woman** (S1)
9.10 **Dark Skies** (S1)
11.10 **Don't Drink the Water**
11.40 **Jokers Wild** Double bill.
12.40 AM **FILM Shock!** Thriller. (1945, PG, 70min) ★★★
2.00 **FILM The Flying Deuces** (1939, b/w, U) ★★★
3.15 **Britannia** Documentary.
4.00 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Baggage Battles**
10.00 **Junkyard Empire**
2.00 PM **Kindig Customs**
5.00 **Iron Resurrection**
7.00 **Expedition Bigfoot** A mysterious shadow figure gets too close for Ronny and Mireya's comfort, while Bryce makes an unsettling discovery in a lake. **8.00** A 3D scan discovers possible man-made structures deep in the forest.
9.00 **Paranormal: Caught on Camera** Spirits take their seats in a haunted auditorium in Pakistan, and a ghostly figure mysteriously fades away. **10.00** Night vision binoculars capture footage of UFOs.
11.00 **Expedition X**
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Baggage Battles**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Diners, Drive-Ins and Dives** Four editions.
8.00 **Man v Food with Casey Webb** Eight editions.
12.00 NOON **Jamie's Easy Meals for Every Day**
1.00 PM **James Martin's Great British Adventure**
3.00 **Great British Bake Off** Six editions, including at: **7.00** Contestants battle it out to be named best amateur baker of 2014. **8.00** The hopefuls turn their attention to biscuits.
9.00 **River Cottage Veg** Chef Hugh Fearnley-Whittingstall tries living as a vegetarian.
10.00 **River Cottage Road Trip** Hugh heads north in search of culinary inspiration. **11.00** Hugh heads to Yorkshire in search of the finest northern tea.
12.00 M'T **to 3.00** AM **Diners, Drive-Ins and Dives**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

7.00 AM **FILM Earthstorm** Sci-fi action drama. (2006, PG, 90min) ★★
9.00 **The Fall Guy** (S3)
2.00 PM **FILM Gunfighters** Western adventure. (1947, PG, 87min) ★★
3.50 **FILM Angel and the Badman** Western. (1947, b/w, U, 100min) ★★★
5.50 **FILM The Brink's Job** Crime comedy. (1978, PG, 103min) ★★★
8.00 **The Twilight Zone** (S2)
9.00 **FILM The Mask of Zorro** Swashbuckling adventure with Antonio Banderas. (1998, PG, 137min) ★★★★
11.40 **FILM Acts of Vengeance** Drama. (2017, 15, 87min) ★★
1.25 AM **FILM Inside Out** Crime drama with Triple H. (2011, 12, 93min) ★★
3.15 **to 5.00** AM **FILM Witchfinder General** Cult British horror. (1967, 15, 98min) ★★★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Bigfoot** Tongue-in-cheek monster movie. (2012, 12, 89min) ★★
8.00 **FILM The Devil-Ship Pirates** Adventure. (1963, U, 96min) ★★
10.00 **FILM Polar Storm** Sci-fi action thriller. (2009, PG, 92min) ★★
12.00 NOON **Impact** 1&2/2.
4.00 PM **The A-Team** (S5)
9.00 **FILM Raise the Titanic** Action drama about a bid to recover rare minerals from the *Titanic*, starring Jason Robards and Richard Jordan. (1980, PG, 112min) ★★
11.15 **FILM Fighting Back** Thriller with Tom Skerritt. (1982, 15, 98min) ★★
1.10 **to 3.00** AM **FILM Doctor Faustus** Screen version of Christopher Marlowe's play, starring Richard Burton. (1968, PG, 93min) ★★★

+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Auction Hunters: Pawn Shop Edition**
8.00 **Irish Pickers**
9.00 **Junk and Disorderly**
10.00 **Ancient Aliens**
12.00 NOON **UFOs: The Lost Evidence** Double bill.
2.00 PM **Encounter: UFO**
7.00 **The Curse of Oak Island** The team launch their quest to solve the Oak Island mystery.
9.00 **Forbidden History** A look at some of the darker elements of the MK Ultra programme. **10.00** Exploring the whereabouts of King Solomon's mines.
11.00 **Queens of Ancient Egypt** Documentary.
12.00 M'T **Evidence of the Unexplained**
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Paranormal Survivor**
3.00 **Haunted Hospitals**
4.00 **to 6.00** AM **Flipping Bangers**

5SELECT

153 166 138 46 133 30

9.00 AM **All Creatures Great and Small Meets The Yorkshire Vet**
10.00 **All Creatures Great and Small** Double bill.
12.00 NOON **Columbo** Five episodes, including at: **7.00** PM *Murder – A Self Portrait:* Columbo draws on his broad palette of experience to gather evidence against a famous painter who killed his ex-wife.
9.00 **When 70s TV Goes Horribly Wrong** Less-than-perfect moments from 1970s TV shows. Narrated by Penelope Keith.
11.00 **ABBA's 30 Greatest Moments** Documentary celebrating the career of the Swedish group.
1.05 AM **Nazi Megastructures**
2.00 **Digging Up Britain's Past** Double bill.
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **My Lottery Dream Home** Eight editions.
11.00 **Escape to the Country**
1.00 PM **Escape to the Country** Six editions of the series in which city-dwelling families, couples and individuals set out to find their ideal retreats with the help of a property expert.
7.00 **A Place in the Sun** Six editions of the series in which couples are taken to see three or four properties for sale in a foreign country that they want to move to or frequently holiday in.
1.00 AM **Bargain Mansions** Tamara takes on a 1979 property with a confusing style. She gives it a cohesive design with wood treatments and open sight lines.
2.00 **to 4.00** AM **Bargain Mansions**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Say Yes to the Dress** Five editions.
10.00 **Outdaughtered: Busby Quints** Double bill.
12.00 NOON **Extreme Couponing**
1.00 PM **My 600lb Life**
5.00 **The Family Chantel**
6.00 **7 Little Johnstons**
7.00 **Good Bones**
8.00 **Sister Wives** David gives his thoughts on polygamy and the role men play within it.
9.00 **It's Me or the Dog UK**
10.00 **My Lottery Dream Home** Double bill.
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Documentary.
1.00 AM **Extreme Couponing**
2.00 **My Strange Addiction: Still Addicted?**
3.00 **Body Bizarre**
4.00 **Sister Wives**
5.00 **to 6.00** AM **Curvy Brides Boutique**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Most Ridiculous**
11.00 **Friends** (S2&3)
8.00 PM **Friends** 15/25. Rachel and Ross take a break from each other. **8.30** 16/25. Ross tries to prevent Rachel discovering he slept with Chloe from the photocopying shop. (S3)
9.00 **FILM Bean** Big screen comedy spin-off starring Rowan Atkinson. (1997, PG, 90min) ★★★
10.40 **CC Live: Stand Up Shorts** With Dee Allum.
11.10 **Iain Stirling's Roast the Internet**
12.10 AM **Whose Line Is It Anyway? USA**
1.05 **Mike Judge's Beavis and Butt-Head** (S3)
2.00 **8 Out of 10 Cats**
3.00 **South Park** (S17)
3.25 **The Ricky Gervais Show**
4.15 **to 5.00** AM **Joel & Nish vs the World**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Everybody Loves Raymond** (S7)
7.00 **Teleshopping**
9.00 **Friends** (S3)
11.00 **Everybody Loves Raymond** (S7&8)
5.00 PM **Whose Line Is It Anyway? USA**
9.00 **Friends** 3/25. Ross makes a big decision. **9.30** 4/25. Ross tries his hand at teaching. **10.00** 5/25. Joey is mistaken for the owner of a Porsche. **10.30** 23/25. Phoebe helps Chandler choose a ring for Monica. **11.00** 24/25. Part one of two. Chandler plans a romantic proposal. **11.30** 25/25. Part two of two. Monica finds herself in demand. (S6)
12.00 M'T **Friends** (S6)
2.00 AM **Impractical Jokers**
3.00 **Key & Peele**
5.15 **to 6.00** AM **Everybody Loves Raymond**

Sky Replay

152 160 156

7.00 AM **Four Weddings**
9.00 **Highway Cops**
1.00 PM **Highway Cops**
3.00 **Motorway Patrol**
6.00 **Hold the Front Page**
8.00 **SEAL Team** *Never Get Out of the Boat:* 16/22. Jason disobeys orders. **9.00** *In Name Only:* 17/22. Mandy makes a move that could cost her everything. **10.00** *Credible Threat:* 18/22. Bravo take on a near-impossible job. **11.00** *The Takedown:* 19/22. Ray is dangerously distracted when he goes undercover. **12.00** M'T *Enemy of My Enemy:* 20/22. Mandy gets abducted. (S1)
1.00 AM **There's Something About Movies**
2.00 **A League of Their Own Road Trip: Southeast Asia** Double bill.
4.00 **to 6.00** AM **Four Weddings**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom OG**
11.00 **Dallas Cowboys Cheerleaders**
1.00 PM **Catfish: The TV Show** Nine editions of the series, including at: **6.00** A girl wonders why her online pal of seven years often disappears for months at a time. **7.00** Jasmine writes to Nev and Max asking for help for a 'friend'. **8.00** The boys help a woman whose online lover asked her to relocate to Kentucky with her daughter. **9.00** A look back at the moments that went viral from the six seasons of the show.
10.00 **Ink Master: OGs vs Young Guns**
2.45 AM **Caught in the Act: Double Life**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **Kindig Customs**
12.00 NOON **Building Off the Grid** Renovating a lighthouse.
1.00 PM A young couple plan to start a new life in Alaska.
2.00 Herb Johnson builds his own off-the-grid home.
3.00 A modern farmhouse in the Wisconsin countryside.
4.00 A pair of outdoorsmen build a hunting cabin.
5.00 An off-the-grid home within the edge of a volcano.
6.00 **Scrap Kings** In West Yorkshire, locals watch as cooling towers are blown up.

6.00 Scrap Kings

7.00 **Alaska: Homestead Rescue** A Big Island family find their off-grid paradise threatened by destructive storms and deadly pests. In order to save them, the Raneys must get creative.
9.00 **Land Rush** Danny plans to build his log cabin entirely by hand, and Tiffany struggles with early snow.
10.00 **Street Outlaws: Locals Only** Pennsylvania locals go all-out for $5,000. Whoever goes all the way will race against Axman.
11.00 **Roadworthy Rescues** Derek has stashed the cheapest 1970 Pontiac GTO he could find.
12.00 M'T **Alaskan Bush People** The family are at a crossroads after the passing of their patriarch.
1.00 AM **Alaskan Bush People**
4.00 **to 5.00** AM **How Do They Do It?**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Crikey! It's the Irwins**
10.00 **Lone Star Law**
11.00 **Dr Jeff: Rocky Mountain Vet**
1.00 PM **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Behaviourist Jackson Galaxy attempts to tame an aggressive cat.
4.00 A feline seems resentful of its owner's new husband.
5.00 **Treehouse Masters** A river shack-style treehouse along the banks of the Mississippi.
6.00 **Bad Dog!** Footage of a cat knocking over a Christmas tree.

9.00 The Zoo

7.00 **How Do Animals Do That?** How hummingbirds can fly backwards.
7.30 What a dog is saying when it wags its tail.
8.00 **Treetop Cat Rescue** Following teams coming to the aid of felines.
8.30 Tom reunites a feline with its canine companion.
9.00 **The Zoo** A beloved camel develops a large abscess on his head, and a marmot prepares for its first classroom visit.
10.00 **Tanked** Brett Raymer and Wayde King build a giant aquarium for the owners of Creek Casino.
11.00 **Alaska: The Last Frontier** The family go on a black bear hunt.
12.00 M'T **Fish or Die** Four friends set out to fish the most remote waters in the world.
1.00 AM **Shark Vortex**
2.00 **Alaskan Bush People**
3.00 **Treetop Cat Rescue**
4.00 **to 5.00** AM **The Zoo**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Construction Fails**
9.00 **Ice Road Rescue**
11.00 **Vikings: The Rise and Fall**
1.00 PM **Nazi Megastructures**
2.00 **Hitler: The Lost Tapes of the Third Reich** Double bill.
4.00 **Apocalypse: Hitler Takes on the West** Part one of two. Nazi offensives on Western nations during World War Two.
5.00 Part two of two. France under German occupation.
6.00 **Tucci in Italy** Stanley Tucci embarks on a culinary voyage across five Italian regions.

8.00 Engineering Europe

7.00 **Genghis Khan: The Secret History of the Mongols** New edition How Genghis Khan's son Ogedei became ruler.
8.00 NEW SERIES **Engineering Europe** The UK's engineering wonders, including innovative electric flying machines.
9.00 **Naming the Dead** Series finale Exploring the cold case of a man burned alive in Atlanta.
9.50 **Inside 9/11** How al-Qaeda was transformed into a terrorist organisation.
10.50 How al-Qaeda evaded America's intelligence agencies.
11.50 **Inside 9/11** A look into the September 11 attacks of 2001.
12.50 AM The terror attack on the Pentagon.
1.50 **Inside Airport Lost & Found**
2.50 **Food Factory** Double bill.
3.45 **To Catch a Smuggler**
4.35 **to 5.00** AM **Money Meltdown**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Pawn Stars**
8.00 **Alone** Reality series.
9.00 **The UnBelievable with Dan Aykroyd** Documentary.
10.00 **Britain's Most Historic Towns**
1.00 PM **Storage Wars** Eight editions, including at:
4.30 Kenny hunts for cougars, but finds a portable pulpit.
5.00 **Digging Up Britain's Past** The team seek artefacts from the country's first superhighway – the Bridgewater Canal
6.00 Looking for the remains of a World War One stables.

7.00 Alexander the Great

7.00 **Alexander the Great** Exploring the life of the Macedonian general, regarded as one of history's greatest soldiers.
8.00 **Alexander the Great** Addressing claims that the Macedonian general was more of a cruel tyrant than a respected leader.
9.00 **Royal B**tards: Rise of the Tudors** Docu-drama about the Wars of the Roses and the origins of the Tudor dynasty.
10.00 **Royal B**tards: Rise of the Tudors** As the bloody civil wars rage on, Margaret manages to keep hold of her lands.
11.00 **Royal B**tards: Rise of the Tudors** Edward IV dies unexpectedly, throwing the future of England in the air.
12.00 M'T **History's Most Shocking** A construction worker is caught out on the ledge of a burning building, and two kayakers are swallowed alive.
1.00 AM **Storage Wars**
5.00 **to 6.00** AM **Ancient Aliens**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Nazi Hunters** Triple bill.
11.00 **Bangers & Cash: Restoring Classics** Double bill.
1.00 PM **Bangers & Cash**
2.00 **Flipping Bangers** Will and Gus head to London to buy a 1973 Mk 4 Spitfire.
3.00 **The Blue Planet** An exploration of Earth's marine life.
4.00 A journey to the deepest parts of the world's oceans.
5.00 Marine predators.
6.00 Marine life at the poles.

3.00 The Blue Planet

7.00 **Wilderness with Simon Reeve** Simon treks across the high mountains and treacherous ice fields of Patagonia.
8.00 **Flipping Bangers** British car enthusiasts Will and Gus head to London to buy a 1973 Mk 4 Spitfire.
9.00 **Bangers & Cash** Derek is heading to Scotland to collect a 'special' Bentley that has been created by a very talented amateur.
10.00 **Bangers & Cash: Restoring Classics** The team take on the restoration of an Austin Montego Turbo.
11.00 **Bangers & Cash: Restoring Classics** The team take on the restoration of a 1992 Vauxhall Nova Merit Plus.
12.00 M'T The team restore a 1988 VW Golf GTI Convertible and a wooden launch boat.
1.00 **to 3.00** AM **Bangers & Cash: Restoring Classics**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Sunday

Quest

144 149 137 12 144 17

6.00 AM **Incredible Engineering Blunders: Fixed** Double bill.
8.00 **Find It, Fix It, Flog It**
12.00 NOON **The Yorkshire Auction House**
1.00 PM LIVE **British Superbikes** The final day of the eighth round from Donington Park.
6.00 **The Yorkshire Auction House** A hunt for lost gold in a Glasgow flat.
7.00 **Cycling: Vuelta a España** Stage 15.
8.00 **Salvage Hunters** Drew Pritchard and Alister Dryburgh visit three new antique trade contacts.
9.00 **The Yorkshire Auction House** Triple bill.
12.00 M'T **Massive Engineering Mistakes**
1.00 AM **Aircrash Confidential**
2.00 **Destroyed in Seconds**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Curvy Brides Boutique**
12.00 NOON **FBI Files**
3.00 PM **The Real Death in Paradise** Triple bill.
6.00 **The Big Swindle**
9.00 **A Killer's Mistake** A gambling addict will do anything to feed her habit – even murder.
10.00 A debt-ridden wife plots to get her hands on her husband's life insurance policy.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Cindy Borton.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
6.05 **Storm of Suspicion** Detectives embark on the biggest, multi-state manhunt in decades.
7.00 **Secrets of a Murder Detective** Detectives Keogh and Dickie investigate the murder of Tom Cressman.
8.00 DI Keogh and team investigate the murder of Eulin Hastings.
9.00 **Descent of a Serial Killer** The crimes of Michael Gargiulo.
10.00 The case of Cary Stayner, a serial killer who was convicted of the murders of four women in 1999.
11.00 **See No Evil** A student is found shot and bound.
12.00 M'T **Secrets of a Murder Detective**
2.00 AM **Medical Detectives**
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Five editions.
2.00 PM **Fraud Squad** A locksmith scams a hospital out of nearly half a million pounds.
3.00 An NHS manager cooks up a scam with his friends to line their pockets with £250,000.
4.00 **Crimes That Shook Australia** A chilling look at Julian Knight's 1987 shooting spree in a Melbourne suburb that left seven people dead and 19 injured.
5.00 In April 2012, Gerard Baden-Clay reported his wife Allison missing. Ten days later, her body was found.
6.00 **Judge Judy** Real-life small-claims cases.
2.00 AM **Fraud Squad**
4.00 **48 Hours** Investigating the mysterious death of a Hollywood therapist.
4.45 **to 6.00** AM **Facing Evil**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Motorway Patrol**
9.00 **Brit Cops: Frontline Crime UK** Documentary.
10.00 **Killer in My Village**
11.00 **World's Most Evil Killers**
12.00 NOON **How I Caught the Killer** True-crime.
1.00 PM **The Real Manhunter**
2.00 **World's Most Evil Killers**
3.00 **Murder Uncut**
4.00 **Forensics: Catching the Killer** Documentary.
5.00 **Britain's Most Evil Killers**
6.00 **How I Caught the Killer**
7.00 **World's Most Evil Killers**
8.00 **Forensics: Catching the Killer** True-crime.
9.00 **The Disappearance of Susan Cox Powell**
12.20 AM **Killer in My Village**
1.15 **The Real Manhunter**
2.10 **Murders That Shocked the Nation**
3.05 **Love You to Death**
4.00 **Stop, Search, Seize**
5.00 **to 6.00** AM **Send in the Dogs**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Nixon in the Den**
9.45 **The Rosenbergs: Atomic Spies**
10.55 **Women Under Hitler's Flag** Double bill.
1.00 PM **A Cold War of Spies** Four editions.
5.15 **Nixon in the Den**
6.20 **The Rosenbergs: Atomic Spies**
7.35 **Women Under Hitler's Flag** 1&2/2. Women involved in the Nazi regime, many of whom were active participants.
9.40 **Nixon in the Den** The controversial career of former US President Richard Nixon.
10.50 **Inside High Noon** The story of the production of the landmark 1952 film *High Noon*.
12.00 M'T **The Rosenbergs: Atomic Spies**
1.15 **to 2.00** AM **Grand Tours of the Scottish Islands**

SUNDAY

Sunday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **Discovering: Richard Attenborough**
7.00 **Discovering: John Hurt**
8.00 **The Directors**
9.00 **The Crime of the Century**
1.15 PM **After the Bite**
3.00 **The United Way**
4.50 **My Icon: Casey Stoney**
5.00 **I Am Burt Reynolds**
6.50 **My Icon: Linford Christie**
7.00 **The Wimbledon Kidnapping** The mysterious disappearance of Muriel McKay in 1969.
9.00 NEW SERIES **Death of a Showjumper** 1/3. The events surrounding the death of promising young Northern Irish showjumper Katie Simpson in 2020, with police treating it as suicide for several months.
10.00 **Six Silent Killings: Ireland's Vanishing Triangle** 1&2/2. Examining the investigations into the disappearances of six women in the 1990s.
12.00 M'T **Hijacked: Flight 73**
2.00 AM **Missile from the East**
4.00 **to 6.00** AM **Life According to Sam**

Sky Nature

145 113/114 189 354 369

6.00 AM **Great Lakes Wild**
8.00 **Extreme Africa**
11.00 **City Wildlife Rescue**
1.00 PM **Wild Dogs: Pack vs Pride**
3.00 **Wild Canary Islands**
4.00 **Kingdom of the Tide**
5.00 **Coral City** New edition Supersize sea snails try to fend off coral-hungry starfish.
6.00 **Deep Dive North America** New edition North America's southern coastal waters.
7.00 **David Attenborough's Global Adventure** The greatest filming sequences of David's career.
8.00 **David Attenborough's Global Adventure: Home Planet** Further footage of David's global wildlife adventures.
9.00 **David Attenborough's Global Adventure: The Rise of Nature** David explores the rise of life on Earth.
10.00 **Evolution Earth**
12.00 M'T **Coral City** As 5.00pm.
1.00 AM **Deep Dive North America**
2.00 **Animals Decoded**
3.00 **to 6.00** AM **Amazing Animal Friends**

Sky History 2

163/168 143 186

6.00 AM **Ancient Aliens**
8.00 **The Abyss: Rise & Fall of the Nazis** Triple bill of editions.
11.00 **Digging for Britain**
2.00 PM **Craig Charles: UFO Conspiracies** Double bill.
4.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
6.00 **Digging for Britain**
7.00 **Ancient Aliens** The top 10 most extraordinary discoveries. **8.00** The top 10 mysterious monoliths, including a 500-ton stone believed to represent an ancient UFO.
9.00 **Clash of Ancient Warriors** How a Parisian army repelled the Vikings, who had ravaged everything in their path while travelling up the River Seine. **10.00** The Battle of Cannae.
11.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters. **12.00** M'T Explorations of Seahenge's timber circle.
1.00 AM **Digging for Britain**
3.00 **to 6.00** AM **The Abyss: Rise & Fall of the Nazis**

Crime+Investigation

156 142 133

6.00 AM **Robbie Coltrane's Critical Evidence** Double bill.
8.00 **Crimes That Shook Britain**
10.00 **Murdertown** True-crime.
11.00 **Nightmare in Suburbia**
1.00 PM **Killer Britain with Dermot Murnaghan** Double bill.
3.00 **A Perfect Scam** Four editions.
7.00 **When Missing Turns to Murder** An 80-day search for a young mother in Durham ends in a tragic discovery.
8.00 **The Real Murders of Atlanta** A beloved matriarch and businesswoman is found dead.
9.00 **Cold Case UK** New edition Revisiting the files on investigations that went cold.
10.00 **Cold Case Files**
11.00 **Last Night Out**
12.00 M'T **TikTok Star Murders**
2.00 AM NEW SERIES **Laura Whitmore on Britain's Killer Teens** The story of a teenager who killed his ex-girlfriend.
3.00 **Cold Case UK** As 9.00pm.
4.00 **to 6.00** AM **Green Eyed Killers**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **The Incredible Dr Pol**
10.00 **Raccoon: Backyard Bandit**
11.00 **Queens** Double bill.
1.00 PM **Pacific Ocean Paradise**
2.00 **Sea of Hope: America's Underwater Treasures**
3.00 **Attack of the Red Sea Sharks**
4.00 **Secrets of the Zoo: Tampa**
6.00 **Critter Fixers: Country Vets** New edition The vets wrangle rambunctious sugar gliders.
7.00 **Europe's New Wild** The importance of vultures in renewing the ecosystem of Bulgaria's Rhodopes Mountains.
8.00 NEW **Asia's Killer Hornets** Insects that will sacrifice everything to help raise grubs.
9.00 **The Hidden Kingdoms of China** A snow leopard teaches its cub vital life lessons.
10.00 **Secrets of Wild India: Kings of the Jungle**
11.00 **Snakes in the City**
12.00 M'T **Alaska: The Next Generation** Double bill.
2.00 AM **Secrets of the Zoo: North Carolina** Double bill of editions.
4.00 **to 5.00** AM **Yukon Vet**

Discovery History

174 147 181 320 325

7.00 AM **Shed and Buried**
9.00 **Codes and Conspiracies**
12.00 NOON **Combat Dealers**
3.00 PM **World's Greatest Motorcycle Rides**
6.00 **Blowing Up History** Experts investigate the buried secrets of the lost city of Kish, Iraq. **7.00** Experts investigate lost tombs and forgotten rituals to reveal the secrets of Egypt's Sun Cult pharaohs. **8.00** The construction of iconic megastructures created by bygone civilisations.
9.00 **Salvage Hunters: The Restorers** Sculptor Nick works on a fairground centrepiece, and upholsterer Craig revamps a battered armchair. **10.00** French polisher Alex is challenged to rescue a settle bed, while Ted works on two weathered chairs. **11.00** Sculptor Nick transforms a pair of garden ornaments.
12.00 M'T **Shed and Buried**
2.00 **to 5.00** AM **Combat Dealers**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **David Attenborough's Natural Curiosities**
1.00 PM **David Attenborough's Natural Curiosities**
6.00 **David Attenborough's Natural Curiosities** The protective skins of hedgehogs and rhinos. **6.30** The eyes of squid and owls. **7.00** Cuckoos planting their eggs in other birds' nests. **7.30** David Attenborough examines the vampire bat. **8.00** How the electric eel helped inspire the battery. **8.30** The emperor penguin. **9.00** Evolutionary anomalies. **9.30** Creatures that have led to accusations of forgery. **10.00** How nature has tinkered with the ageing process to different effect. **10.30** Examining the spiral shells found on snails.
11.00 **David Attenborough's Natural Curiosities**
4.40 AM **Anthony Bourdain: Parts Unknown** Exploring Myanmar.
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **The Killer in My Family**
10.00 **Twisted Love**
11.00 **Web of Lies**
12.00 NOON **Disappeared**
2.00 PM **Murder in the Heartland**
4.00 **Truth About Murder with Sunny Hostin** Double bill.
6.00 **Blood Runs Cold** A 20-year hunt for a young mother's killer. **7.00** How a 45-year-old murder investigation gained momentum.
8.00 **Disappeared** A look into the case of 24-year-old escort Shannan Gilbert, who went missing in December 2010.
9.00 **A Body in the Snow: The Trial of Karen Read** Opening statements kick off a heated murder trial.
10.00 **The Playboy Murders** A waiter becomes a victim in a double murder after a surprise.
11.00 **Evil Lives Here: The Killer Speaks** Documentary.
1.00 AM **Murder in the Heartland**
2.00 **Killer Unknown** Double bill.
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **American Chopper**
10.00 **How It's Made: Dream Cars**
11.00 **G.A.S. Extreme Customs**
12.00 NOON **Shorty's Dream Shop**
5.00 PM **Richard Hammond's Workshop** Richard opens a classic car restoration workshop. **6.00** Richard gambles his own money on a 1970 Mark II Jensen Interceptor.
7.00 **Wheeler Dealers** Mike buys his newest ever car to create a bespoke Scooby BRZ STI. **8.00** Mike and Elvis wrestle an iconic Japanese rally car – a Mitsubishi Lancer Evo7. **9.00** Mike and Ant turn their attention to a rare 2004 MX-5 Mazdaspeed. **10.00** Mike restores a classic 1985 MK1 Mazda RX7. **11.00** Mike plans to capitalise on 1980s nostalgia by restoring an original 1982 Toyota Supra. **12.00** M'T Edd attempts to modify a Mazda coupe.
1.00 **to 5.00** AM **American Chopper**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.20 AM **The Mountain** Comedy. (2024, PG, 89min) ★★★★
9.00 **Into the Wonderwoods** Animation. (2024, U) ★★★
10.30 PREMIERE **One of Them Days**
12.20 PM **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
2.40 **Amongst the Wolves** (2024)
4.35 **The Surfer** Psychological thriller. (2024, 15) ★★★★
6.20 **Restless** Thriller with Lyndsey Marshal. (2024, 15, 89min) ★★

8.00 One of Them Days

8.00 PREMIERE One of Them Days Comedy with Keke Palmer and SZA. Two roommates race against time to avoid eviction after one of their boyfriends spends their rent money. (2025, 15, 97min) ★★★
See review, page 23.
SEX ●●● VIOLENCE ●●● LANG ●●●

9.45 The Brutalist Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.05 AM **Amongst the Wolves** Thriller starring Luke McQuillan, Aidan Gillen and Daniel Fee. (2024, 15, 102min)
3.00 **Heart Eyes** Horror comedy with Mason Gooding and Olivia Holt. (2025, 15, 97min) ★★★★
4.45 **to 6.20** AM **Restless** (2024)

Sky Cinema Hits

303 303 403 503 517

6.30 AM **The Cinema List: Jurassic**
6.50 **Jackie Chan's The Tuxedo** Comedy. (2002, 12, 98min) ★★
8.30 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
10.05 **Dumb and Dumber To** (2014)
11.55 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
1.35 PM **Cleaner** (2025, 15) ★★★
3.15 **Horizon: An American Saga – Chapter 1** (2024, 15) ★★★★
6.15 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★

3.15 Horizon: An American...

8.00 The Da Vinci Code Conspiracy thriller starring Tom Hanks and Audrey Tautou. A Harvard professor and a French cryptographer solve a series of clues about the true nature of the Holy Grail while fleeing from the police and a murderous albino monk. (2006, 12, 149min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.30 Angels & Demons Thriller starring Tom Hanks. Professor Robert Langdon must solve a series of cryptic riddles to prevent a time bomb from destroying the Vatican. (2009, 12, 138min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.00 AM **Split** Horror thriller. (2016, 15, 117min) ★★★
3.05 **Dumb and Dumber To** Comedy sequel starring Jim Carrey. (2014, 15, 107min) ★★
5.05 **to 6.45** AM **Jules** Comedy. (2023, 12, 87min) ★★★

Sky Cinema Drama

310 310 410 510 524

8.25 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
11.20 **Turtles All the Way Down**
1.15 PM **The Bodyguard** Romantic thriller starring Kevin Costner. (1992, 15, 129min) ★★★
3.35 **Sunset Boulevard** Classic Hollywood melodrama. (1950, b/w, PG, 110min) ★★★★★
5.40 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★

8.00 Chicago Musical starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. In 1920s Chicago, a showgirl and a wannabe musical star become celebrities on Murderess Row. (2002, 12, 112min) ★★★★
10.05 **Turtles All the Way Down** Romantic drama starring Isabela Merced and Cree. A teenager with obsessive-compulsive disorder tries to solve a mystery surrounding a fugitive billionaire (2024, 12, 111min) ★★★★

12.10 AM **Manodrome** Thriller with Jesse Eisenberg and Adrien Brody. (2023, 15, 96min) ★★★
2.00 **Aporia** Drama with Judy Greer. (2023, 15, 104min) ★★★★
3.55 **to 6.45** AM **There Will Be Blood** Drama starring Daniel Day-Lewis. (2007, 15, 158min) ★★★★★

Sky Cinema Monsters

311 311 411 511 525

6.20 AM **Rampage** Adventure. (2018, 12, 107min) ★★★
8.10 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★
9.55 **A Quiet Place: Day One** Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
11.50 **Zombieland** Horror comedy. (2009, 15, 84min) ★★★★
1.35 PM **The Mummy** Adventure. (1999, 15, 124min) ★★★★

3.45 The Mummy Returns Adventure sequel with Brendan Fraser and Rachel Weisz. (2001, 12, 129min) ★★★★
6.00 **The Mummy: Tomb of the Dragon Emperor** Adventure sequel starring Brendan Fraser. (2008, 12, 112min) ★★★
8.00 **The Scorpion King** Fantasy starring Dwayne Johnson. (2002, 12, 91min) ★★★
9.45 **Blade** Action adventure starring Wesley Snipes and Stephen Dorff. (1998, 18, 121min) ★★★

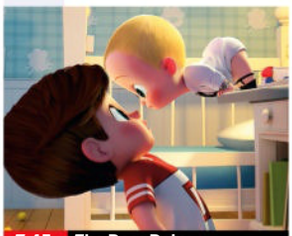
11.50 **The Invisible Man** Thriller. (2020, 15, 124min) ★★★★
2.00 AM **Friday the 13th Part III** Horror sequel. (1982, 18) ★
3.50 **Salem's Lot** Horror chiller. (2024, 15, 109min) ★★★
5.45 **to 6.00** AM **The Cinema List: Men in Black Films**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Back to School

306 306 406 506 519

6.45 AM **Teen Titans Go! & DC...**
8.15 **Lego DC Comics Super Heroes: Justice League vs...**
9.10 **The Lego Movie 2...** (2019)
11.00 **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
12.35 PM **Kung Fu Panda 2** Animation. (2011, PG) ★★★★
2.10 **Kung Fu Panda 3** Animated sequel. (2016, PG) ★★★★
4.00 **Kung Fu Panda 4** Animated sequel. (2023, PG) ★★★
5.50 **Matilda** As shown at 2.10am.


7.45 The Boss Baby

7.45 The Boss Baby Animated comedy featuring the voices of Alec Baldwin and Steve Buscemi. (2017, U, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 Teen Titans Go! & DC Super Hero Girls: Mayhem in the Multiverse Animated adventure featuring the voice of Kimberly Brooks. Lex Luthor poses a threat to Teen Titans and DC Super Hero Girls. (2022, PG, 79min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.10 Lego DC Comics Super Heroes: Justice League vs Bizarro League Animation. (2015, U, 49min) ★★★
12.10 AM **The Lego Movie 2: The Second Part** Animated comedy adventure sequel. (2019, U, 107min) ★★★★
2.10 **Matilda** Roald Dahl's fantasy. (1996, PG, 98min) ★★★★
4.00 **The Boss Baby** As 7.45pm.
5.45 **to 6.00** AM **The Cinema List: Clever Kids**

Sky Cinema Action

307 307 407 507 521

8.15 AM **Man of Steel** Adventure. (2013, 12, 143min) ★★★
10.45 **Zulu** As shown at 12.00m't.
1.05 PM **Spider-Man 2** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2004, PG, 127min) ★★★★
3.15 **The Accountant** Thriller with Ben Affleck and Anna Kendrick. (2016, 15, 123min) ★★★
5.25 **Superman** Fantasy adventure starring Christopher Reeve. (1978, PG, 143min) ★★★★

10.10 Seeking Justice

8.00 Spider-Man Fantasy adventure starring Tobey Maguire as a nerdy schoolboy who develops special powers after being bitten by a mutant spider and uses them to protect New York from evil forces. With Kirsten Dunst, Willem Dafoe and James Franco. (2002, 12, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 Seeking Justice Thriller starring Nicolas Cage and January Jones. A man is approached by vigilantes after his wife is attacked. (2011, 15, 104min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Zulu** Historical action adventure with Stanley Baker. (1963, PG, 138min) ★★★★★
2.25 AM **Money Train** Action comedy starring Wesley Snipes and Woody Harrelson. (1995, 18, 110min) ★★
4.25 **to 6.40** AM **The Killer** Thriller. (2024, 15, 125min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

7.10 AM **David Brent: Life on the Road** Comedy. (2016, 15) ★★
8.50 **Nutty Professor II: The Klumps** (2000, 12) ★★★
10.45 **Horrible Bosses** (2011) ★★★
12.30 PM **You, Me and Dupree** Comedy. (2006, 12) ★★★
2.35 **Beverly Hills Cop II** Comedy sequel. (1987, 15, 99min) ★★★
4.20 **Tropic Thunder** Comedy. (2008, 15, 107min) ★★★★
6.15 **Daddy's Home 2** Comedy sequel. (2017, 12, 100min) ★★★

6.15 Daddy's Home 2

8.00 School of Rock Comedy starring Jack Black and Joan Cusack. A wannabe rock guitarist poses as a substitute teacher at an private school and tries to turn his young pupils into a rock band. (2003, PG, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 Beetlejuice Beetlejuice Horror comedy sequel starring Michael Keaton. The mischievous demon is summoned once more when Delia Deetz returns to Winter River. (2024, 12, 105min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
1.50 AM **Sixteen Candles** Comedy. (1984, 12, 89min) ★★★
3.30 **The Cinema List: The 90s**
3.45 **Baywatch** Action comedy. (2017, 15, 121min) ★★
5.45 **to 7.20** AM **The Money Pit** Comedy starring Tom Hanks. (1985, 15, 91min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.10 AM **Head Count** As 3.35pm.
7.45 **Serpico** Fact-based drama. (1973, 18, 130min) ★★★★
9.55 **Barber** As 12.00m't.
11.35 **Escape from Alcatraz** Fact-based prison drama. (1979, 15, 112min) ★★★★
1.35 PM **Ocean's Eight** Crime caper. (2018, 12, 110min) ★★★★
3.35 **Head Count** Crime thriller. (2023, 15, 77min) ★★★
5.10 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★

3.35 Head Count

8.00 Ocean's Eleven Caper thriller starring George Clooney, Brad Pitt, Julia Roberts, Andy Garcia and Matt Damon. A charismatic thief recruits a team of specialists to rob three Las Vegas casinos on a single night. (2001, 12, 116min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

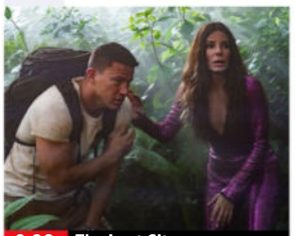
10.05 Law Abiding Citizen Thriller with Jamie Foxx and Gerard Butler. A man takes revenge against the Philadelphia justice system for letting off one of the criminals who killed his wife and daughter. (2009, 18, 109min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Barber** Mystery drama. (2023, 15, 90min) ★★★
1.35 AM **Head Count** As 3.35pm.
3.05 **Battle Royale** Japanese satirical thriller. Subtitled. (2000, 18, 113min) ★★★★
5.05 **to 6.50** AM **Caddo Lake** Thriller. (2024, 12) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Mr Popper's Penguins** Comedy. (2011, PG) ★★★
12.50 PM **Ferdinand** Animation. (2017, U, 102min) ★★★
2.55 **Babe** Family comedy drama. (1995, U, 92min) ★★★★★
4.40 **A Room with a View** Drama. (1985, PG, 115min) ★★★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake starring Keanu Reeves. (2008, 12, 104min) ★★


9.00 The Lost City

The Day the Earth Stood Still (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Lost City Comedy adventure starring Sandra Bullock and Channing Tatum. A novelist on a book tour with her cover model gets swept up in a kidnapping attempt that lands both in danger. With Daniel Radcliffe. (2022, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 Our Ladies Comedy drama with Abigail Lawrie. A group of schoolgirls go to Edinburgh for a choir competition, but they are more interested in partying. (2019, 15, 106min) ★★★★
1.20 **to 3.45** AM **A Price Above Rubies** Drama starring Renée Zellweger, Christopher Eccleston and Allen Payne. (1997, 15, 116min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 90s

302 302 402 502 516

6.05 AM **Speak Like a Child** (1998)
7.40 **Meet Joe Black** As 12.55am.
10.50 **You've Got Mail** Romantic comedy. (1998, PG) ★★★
12.55 PM **Jerry Maguire** Comedy drama. (1996, 15) ★★★★
3.20 **Sleepless in Seattle** Romantic comedy. (1993, PG) ★★★★★
5.20 **Scent of a Woman** Coming-of-age drama starring Al Pacino. (1992, 15, 157min) ★★★★

8.00 Saving Private Ryan Steven Spielberg's World War Two drama starring Tom Hanks. A small team of US soldiers are rescue a young private whose three brothers have been killed in action. (1998, 15, 169min) ★★★★★
10.50 Bad Boys Action comedy thriller starring Martin Lawrence and Will Smith. A bachelor cop and his married partner have to switch identities in their pursuit of heroin thieves. (1995, 15, 118min) ★★★

12.55 AM **Meet Joe Black** Supernatural drama starring Brad Pitt and Anthony Hopkins. (1998, 12, 181min) ★★★★
3.55 **The Cinema List: Sky Originals**
4.25 **to 6.00** AM **Speak Like a Child** Drama starring Cal Macaninch. (1998, 18, 80min) ★★

Sky Cinema Greats

304 304 404 504 518

6.45 AM **Alfie** As shown at 4.00am.
8.45 **The Blues Brothers** As 1.20am.
11.00 **See No Evil, Hear No Evil** Thriller. (1989, 15, 107min) ★★★
12.55 PM **The Nutty Professor** (1996)
2.35 **Bean** Comedy spin-off. (1997, PG, 90min) ★★★
4.20 **The Golden Child** Adventure fantasy. (1986, PG, 93min) ★★
6.05 **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★

8.00 The Nutty Professor Comedy remake starring Eddie Murphy, Jada Pinkett and James Coburn. (1996, 12, 95min) ★★★
9.45 Planes, Trains and Automobiles Comedy starring Steve Martin and John Candy as two unlikely travelling companions forced to share a disaster-ridden journey. (1987, 15, 92min) ★★★★★
11.25 Grease Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★

1.20 AM **The Blues Brothers** Cult comedy starring John Belushi. (1980, 15, 135min) ★★★★★
3.35 **The Cinema List: British Sky Originals**
4.00 **to 6.10** AM **Alfie** Comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.05 AM **The Garfield Movie** (2023)
8.00 **Lego DC Comics Super Heroes: The Flash** As 11.15pm.
9.25 **Turbo** Animated adventure. (2013, U, 92min) ★★★★
11.05 **Antz** Animated comedy. (1998, PG, 83min) ★★★
12.40 PM **Monster House** Animation. (2006, PG, 91min) ★★★★
2.15 **The Garfield Movie** Animation. (2023, U, 101min) ★★★

4.00 Wallace & Gromit: The Curse of the Were-Rabbit Animation. (2005, U, 85min) ★★★★★
5.40 **Transformers One** Animation. (2024, PG, 104min) ★★★★
7.35 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
9.30 **Riverdance: The Animated Adventure** Family animation. (2021, U, 90min) ★★★
11.15 **Lego DC Comics Super Heroes: The Flash** Animation. (2018, U, 78min) ★★★

12.50 AM **Buffalo Kids** Animation. (2024, U, 79min) ★★★
2.25 **Sinbad: Legend of the Seven Seas** (2003, U) ★★★★
4.05 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
5.40 **to 6.00** AM **Sky Cinema Preview**

Movies 24

312 313 419

7.00 AM **Branching Out** Drama. (2024, PG, 90min) ★★
9.00 **A Pinch of Portugal** Romantic drama. (2023, PG, 84min) ★★
11.00 **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
1.00 PM **Autumn at Apple Hill** Comedy. (2024, PG, 84min) ★★
3.00 **PREMIERE The Heiress and the Handyman** Romantic comedy. (2024, PG, 84min) ★★

5.00 **Styled with Love** Romantic comedy. (2022, PG, 89min) ★★
7.00 **Love & Jane** Fantasy starring Alison Sweeney and Benjamin Ayres. A woman at a crossroads in her life receives an unlikely advisor in the shape of Jane Austen. (2024, PG, 84min) ★★
9.00 **Lease on Love** Comedy starring Rebecca Liddiard. A marketing manager agrees to pose as a business contact's wife to help him get the apartment of his dreams. (2022, PG, 86min) ★★

11.00 **Planning for Joy** Romantic comedy. (2022, PG, 86min) ★★
1.00 AM **Journey to You** Romantic drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Return to Office** Drama. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Strange Invaders** (1983) ★★
7.50 **Cinebox Memories**
7.55 **The Vengeance of She** Fantasy adventure. (1967, PG, 101min) ★
10.00 **Glencannon** 13/39. (S1)
10.35 **The Beverly Hillbillies** (S1)
11.10 **The House Across the Lake** Drama. (1954, PG, 68min) ★★
12.40 PM **Look at Life** Documentary.
12.50 **Worzel Gummidge** 3/9. (S3)
1.25 **Batman** 33/60. (S2)

2.00 **Douglas Fairbanks Presents**
2.35 **The Ghost Train** (1941, U) ★★★
4.20 **Look at Life** Documentary.
4.30 **The Vise** 10/39. (S1)
5.00 **The Footage Detectives**
6.00 **Highly Dangerous** Spy thriller. (1950, b/w, U, 85min) ★★
7.45 **Look at Life** Documentary.
8.00 **Memories of Making Sergeant Cork** With William Gaunt.
8.05 **Sergeant Cork** 2/13. (S1)
9.10 **At the Wheeltappers**
9.45 **Confessions of a Driving Instructor** Comedy (1976, 18) ★

11.30 **Star Treatment Show** 1/6.
12.00 M'T **The Heritage Chart Show**
1.00 AM **Scott of the Antarctic** Drama. (1948, U, 111min) ★★★
3.10 **Dick Powell's Zane Grey Theatre** 26/30. (S1)
4.10 **to 6.00** AM **As Long as They're Happy** Musical. (1955, U) ★★★

Sunday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Goals on Sunday**
9.00 **The Sunday Supplement**
11.00 LIVE **WSL Liverpool v Everton.** Coverage of the Women's Super League match from Anfield. Kick-off **12.00noon**.
1.55 PM LIVE **Formula 1** Coverage of the Italian Grand Prix, the 16th round of the season at Monza Circuit. Ferrari's Charles Leclerc delighted the Tifosi here with victory last year, but he was likely to face stiff competition this time around from the McLaren duo of Oscar Piastri and Lando Norris, who were second and third in 2024 and have been in fine form this season. Start-time **2.00pm**.
4.00 LIVE **One-Day International Cricket England v South Africa.** Coverage of the third ODI in the three-match series staged at Utilita Bowl in Hampshire.
7.00 LIVE **US Open Tennis** Coverage of the men's final on the 15th day of the Grand Slam staged at the USTA Billie Jean King National Tennis Center.
11.00 PM **to 6.00** AM **Sky Sports Catch Up**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Transfer 360**
9.00 **The Sunday Supplement**
11.00 LIVE **WSL Manchester United v Leicester City.** Coverage of the match staged at Leigh Sports Village. United finished in third place last term, earning themselves a place in the UEFA Champions League, while Leicester were 10th in the 12-team league for the third season in succession. Kick-off **12.00noon**.
2.45 PM **Transfer 360**
4.45 **The Big Interview** A conversation with defender Micky van de Ven.
5.15 **Premier League Stories**
5.45 **My Origin Story: Mikel Arteta**
6.00 **Premier League Years**
8.00 **The Big Interview**
8.30 **Premier League Stories**
9.00 **Tackling the Stigma**
10.00 **Drink It In: The Rise of Man City** Documentary.
11.00 **Premier League Years**
1.00 AM **PL Retro** Archive action.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Retro League One**
8.00 **EFL Greatest Games**
9.30 **SPFL Highlights**
10.00 **EFL Highlights**
10.30 **WSL** Chelsea v Manchester City.
11.00 LIVE **WSL Brighton & Hove Albion v Aston Villa.** Coverage of the Women's Super League match staged at Broadfield Stadium. Kick-off **12.00noon**.
2.45 PM LIVE **SWPL Celtic v Rangers.** Coverage of the Old Firm derby in the Scottish Women's Premier League staged at SuperSeal Stadium in Hamilton. Kick-off is at **3.00pm**.
5.00 **WSL** Chelsea v Manchester City.
5.30 **SPFL Highlights**
6.00 **WSL** Recent highlights.
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **SWPL** Celtic v Rangers.
8.30 **EFL Highlights**
9.00 **WSL** Chelsea v Manchester City.
9.30 **SPFL Highlights**
10.00 **WSL** Liverpool v Everton.
10.30 **SWPL** Celtic v Rangers.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2013/14 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
8.00 **Best of England v South Africa**
8.30 **One-Day International Cricket**
10.30 LIVE **One-Day International Cricket England v South Africa.** Coverage of the third ODI in the three-match series staged at Utilita Bowl in Hampshire. It's eight years since these nations faced each other here in a one-day international, and on that occasion England claimed a two-run victory after scoring 330/6 from their 50 overs before just managing to prevent the Proteas from surpassing that, as they finished on 328/5 in their reply.
7.00 PM **Best of England v South Africa** Archive action.
7.30 **The Hundred Bitesize** Action from the men's and women's finals.
8.00 **One-Day International Cricket** England v South Africa in the third ODI in the three-match series from Utilita Bowl in Hampshire.
9.00 **One-Day International Cricket** England v South Africa.
2.00 AM **Vitality T20 Blast Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Countdown to the Ryder Cup** A look ahead.
7.30 **Walker Cup Golf**
12.30 PM LIVE **DP World Tour Golf** Coverage of day four of the Amgen Irish Open staged at K Club in Straffan, County Kildare.
5.30 LIVE **Walker Cup Golf** Coverage of the first session of day two at Cypress Point Club.
8.30 LIVE **Ladies European Tour Golf** The third and final day of the Aramco Houston Championship at Golfcrest Country Club, Pearland.
10.00 **Tales from the Ryder Cup**
11.00 **Ryder Cup Memories**
12.00 M'T LIVE **Walker Cup Golf** The second session of the second day.
3.00 AM **Ryder Cup Memories**
4.00 **DP World Tour Golf**
5.00 **Golf Academy** With Mel Reid.
5.30 **to 6.00** AM **Playing Lessons**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **US Open Classic Matches**
6.30 **ATP Tour This Week**
7.00 **US Open Tennis** Highlights.
1.30 PM **US Open Tennis**
6.00 LIVE **US Open Tennis** The men's final at the USTA Billie Jean King National Tennis Center.
11.00 **US Open Tennis** Women's final.
12.00 M'T **ATP Tour This Week**
12.30 AM **WTA & ATP Tennis**
2.00 **Sizzle Reel 2024**
2.30 **ATP Tennis** Monte-Carlo Masters.
2.45 **Martina Navratilova: Unstoppable** An interview.
3.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM LIVE **AFLW North Melbourne Tasmanian Kangaroos v Collingwood.**
8.00 **Premier League: Big Interview**
8.30 **Premier League Stories**
9.00 **Champions League Magazine**
9.30 **TNT Sports Reload**
9.45 LIVE **UCI Mountain Bike World Championship** In Valais.
11.45 **Playing for Our Future**
12.00 NOON LIVE **UCI Mountain Bike World Championship**
3.00 PM LIVE **European Rally Championship** Rali Ceredigion.
4.00 **MLB Highlights**
5.00 LIVE **MLB Atlanta Braves v Seattle Mariners.** The inter-league match. Start-time **5.05pm**.
8.15 **TNT Sports Reload**
8.30 **MLB Plays of the Week**
9.00 LIVE **MLB Arizona Diamondbacks v Boston Red Sox.** Start-time is at **9.10pm**.
12.00 M'T LIVE **MLB** Coverage of a Major League Baseball match.
3.15 AM **IEPF World Championships Shootout** Highlights.
4.45 **Tour de France Highlights**
5.45 **to 6.00** AM **Playing for Our Future – Cycling**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** GP of Catalonia.
6.30 **Superbike World Championship**
7.00 **British Superbikes**
7.30 **MotoGP Rewind**
8.00 **MotoGP** Grand Prix of Catalonia.
8.30 LIVE **MotoGP** The Grand Prix of Catalonia MotoGP warm-up.
9.00 LIVE **MotoGP** The Grand Prix of Catalonia Moto3 race in Spain.
11.00 LIVE **MotoGP** The Grand Prix of Catalonia Moto2 race in Spain.
12.15 PM LIVE **MotoGP** The Grand Prix of Catalonia MotoGP race.
2.15 **MotoGP Chequered Flag**
3.15 **TNT Sports Reload**
3.30 LIVE **CPL Barbados Royals v St Lucia Kings.** Coverage of the T20 match at Kensington Oval.
7.45 **FIM Speedway Grand Prix**
8.45 **Playing for Our Future: Rugby**
9.00 **UCI Mountain Bike World Championship**
10.00 **La Vuelta Men** The 15th stage.
11.00 **Tour of Britain** The sixth stage.
12.00 M'T **UFC** Imavov v Borralho.
3.00 AM **UEFA Champions League**
3.15 **MLB Plays of the Week**
3.45 **TNT Sports Reload**
4.00 **Fishing: On the Bank**
5.00 **to 6.00** AM **T100 Triathlon World Tour Highlights**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **British and Irish Lions Tour** Australia v British & Irish Lions.
7.00 **Women's State of Origin**
10.00 **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
11.00 **Premier League Darts**
3.00 PM **The Rugby Championship** A chance to see Australia v Argentina at Queensland Country Bank Stadium in Townsville.
5.00 **British and Irish Lions Tour** NWS Waratahs v British & Irish Lions at Allianz Stadium in Sydney.
6.00 **Women's State of Origin** The annual three-match series between New South Wales Sky Blues and Queensland Maroons.
9.00 **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
10.00 **Premier League Darts** Another chance to see night seven from Utilita Arena in Cardiff.
2.00 AM **The Rugby Championship** A replay of Australia v Argentina.
4.00 **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
5.00 **to 6.00** AM **British and Irish Lions Tour**

Sky Sports Sky Sports+

404 404 518 508 427 447

7.00 AM **Goals on Sunday**
9.00 **The Hundred Bitesize**
9.15 LIVE **NRLW Parramatta Eels v Wests Tigers.** Coverage of the match from the 10th round of fixtures at CommBank Stadium in Sydney. Kick-off is at **9.15am**.
11.00 LIVE **WSL** Coverage from today's matches in the Women's Super League, as viewers get to choose which of today's games they want to watch. The fixtures to choose from are Brighton & Hove Albion v Aston Villa, Liverpool v Everton, Manchester United v Leicester City, and Tottenham Hotspur v West Ham United.
2.30 PM LIVE **Super League Hull Kingston Rovers v Hull FC.** Coverage of the match from the 25th round of fixtures staged at Sewell Group Craven Park Stadium. Kick-off is at **3.00pm**.
5.30 **Sports Sunday**
6.00 **Super League** A chance to see St Helens v Wigan Warriors.
8.30 **Super League** A match replay.
11.15 **The Hundred Bitesize**
11.30 **Sky Sports Catch Up**
1.00 AM **Super League**
4.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.30 AM **EFL Greatest Games**
7.00 **One-Day International Cricket**
9.00 **The Hundred Bitesize**
9.15 LIVE **NRLW Parramatta Eels v Wests Tigers.** Coverage of the match from CommBank Stadium in Sydney. Kick-off is at **9.15am**.
11.00 LIVE **WSL Tottenham Hotspur v West Ham United.** Coverage of the match from BetWright Stadium. Kick-off **12.00noon**.
2.45 PM **The Hundred Bitesize**
3.00 **US Open Tennis** Women's final.
5.00 **Ladies European Tour Golf**
9.00 **US Open Tennis** Women's final.
11.00 **One-Day International Cricket**
1.00 AM **PL Greatest Games**
2.00 **Formula 1** Italian Grand Prix.
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **Golf Academy** With Mel Reid.
5.30 **to 6.00** AM **Playing Lessons**

TNT Sports 3

413 415 523 410 432

6.00 AM LIVE **AFLW Essendon v Geelong Cats.** B-u 6.05am.
8.00 LIVE **AFLW West Coast Eagles v Port Adelaide.** Coverage from Perth. Bounce-up is at **8.05am**.
10.00 **Onboard** Ocean Race Europe.
10.30 LIVE **Porsche Supercup** The Italian Grand Prix at Monza Circuit.
11.30 LIVE **European Rally Championship** Rali Ceredigion.
12.00 NOON **TNT Sports Reload**
12.30 PM **La Vuelta Men** Stage 14.
1.30 LIVE **Cycling: La Vuelta Men** Coverage of the 15th stage.
5.00 **TNT Sports Reload**
5.30 **FIA World Endurance Championship Highlights**
6.30 LIVE **FIA World Endurance Championship** The Lone Star Le Mans at Circuit of the Americas.
2.30 AM **WRC Review**
3.30 **WRC: More Than Machine**
4.00 **FIM Speedway Grand Prix**
5.00 **to 6.00** AM **British Superbikes**

TNT Sports 4

414 416 524 411 434

6.00 AM **Fishing: On the Bank**
7.00 **WRC Review** Rally Paraguay.
8.00 **Superbike World Championship**
9.30 LIVE **Superbike World Championship** From France.
10.30 LIVE **British Superbikes** Coverage from Donington Park.
11.30 LIVE **Superbike World Championship** From France.
3.30 PM LIVE **British Superbikes** Coverage from Donington Park.
6.00 **SHEENE** Barry Sheene.
7.15 **UEFA Champions League**
8.00 **MotoGP** Grand Prix of Catalonia.
10.00 LIVE **NWSL Gotham FC v Angel City FC.** From Sports Illustrated Stadium. Kick-off **10pm**.
12.15 AM **UEFA Champions League**
12.30 **British Superbikes**
1.30 **Superbike World Championship**
2.30 **Tour of Britain** The sixth stage.
3.30 **La Vuelta Men** The 15th stage.
4.30 **UCI Mountain Bike World Championship**
5.30 **to 6.00** AM **TNT Sports Reload**

Premier Sports 1

419 551

6.00 AM **FIM Sidecarcross**
7.00 **Transworld Sport** Magazine.
8.00 **World Surf League**
9.00 **Temples of Sport**
10.00 **LaLiga Match Highlights**
11.00 **CONMEBOL World Cup Qualifiers** Recent action.
2.55 PM **Scottish Rally Championship** Highlights.
3.25 **Euro Le Mans Highlights**
4.25 **World of FreeSports**
4.55 **Sporting Greats**
5.25 LIVE **LaLiga 2 Almeria v Racing.** Kick-off is at **5.30pm**.
7.30 **Sporting Greats**
8.00 LIVE **Top 14 Rugby Union** A match in the French top flight.
10.00 **World of FreeSports**
10.30 **Scottish Rally Championship**
11.00 **Euro Le Mans Highlights**
12.00 M'T **Top 14 Rugby Union**
2.00 AM **Motorsport** Highlights.
3.00 **Transworld Sport** Magazine.
4.00 **LaLiga Specials**
5.00 **to 6.00** AM **FIM Sidecarcross**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **FastZone** Motorsports highlights.
9.30 **GP Confidential**
10.00 **Top 14 Rugby Union** Action from the French top flight.
2.00 PM **Temples of Sport**
3.00 **NASCAR Xfinity Series** The Nu Way 200 Sauced by Blues Hog.
6.00 **FastZone** A weekly motorsports highlights show covering everything from prototypes to endurance racing, karting to airplanes and some real oddities.
6.30 **NASCAR Highlights** Action from the Cook Out Southern 500.
7.30 LIVE **NASCAR** Coverage of the Enjoy Illinois 300 presented by TicketSmarter, the 28th round of the campaign staged at World Wide Technology Raceway.
12.00 M'T **GP Confidential**
12.30 AM **FastZone** Motorsports.
1.00 **Top 14 Rugby Union** Action from the French top flight.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 2** Italian Grand Prix.
7.05 **Lego F1 Cars**
7.10 LIVE **Formula 3** The Italian Grand Prix feature race in Monza.
8.15 **F1 Features**
8.40 LIVE **Formula 2** The Italian Grand Prix feature race in Monza.
10.00 **F1 Features**
10.40 LIVE **Porsche Supercup** The Italian Grand Prix at Monza Circuit.
11.30 **F1 Features**
12.30 PM LIVE **Formula 1** The Italian Grand Prix from Monza Circuit.
5.00 **Ted's Notebook**
5.30 **Formula 1** The Italian Grand Prix.
6.30 **Ted's Notebook**
7.00 **Formula 2** Italian Grand Prix.
8.20 **F1 Features**
8.45 **Formula 3** Action from Italy.
10.00 **Formula 1** The Italian Grand Prix.
11.00 **Ted's Notebook**
11.30 **Formula 2** Italian Grand Prix.
12.50 AM **F1 Features**
1.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Monday

8 September

Evening Planner

Factual

Escape to the Country

BBC1, 3pm

Radio 2's Richie Anderson steps in front of the camera as the new presenter for the popular house-hunting show.

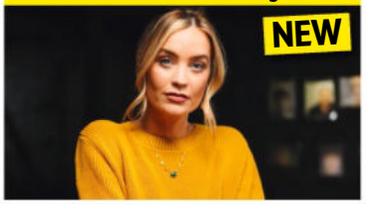
Drama

Task

Sky Atlantic, 9pm

Mark Ruffalo stars in this new crime thriller as an FBI agent investigating a series of violent home invasions.

Documentary



Laura Whitmore on Britain's Killer Teens

Crime & Investigation, 9pm

Presenter Laura examines cases in which British teenagers have turned to murder.

Factual

Thailand: The Dark Side of Paradise

BBC3, 10pm (box set, BBC iPlayer)

Zara McDermott investigates the darker side of the South East Asian country.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders †	8.00 Panorama †	8.30 Policing... †	9.00 The Guest †		10.00 News; Local News	10.40 Have I... †
	102 BBC2	7.00 Global Eye	7.30 Mastermind	8.00 Only Connect	8.30 University...	9.00 Disaster at Sea: The Piper Alpha Story		10.00 Upstart Crow	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 Coronation Street		9.00 I Fought the Law		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 Jamie: Eat Yourself Healthy		9.00 The Inheritance		10.00 First Dates	
	105 5	7.00 Traffic Cops		8.00 Motorway Cops: Catching Britain's...		9.00 Fare Dodgers: At War with the Law		10.00 Cause of Death	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Attenborough's Journey		9.00 Film: Sherlock Holmes: A Game of Shadows			
ENTERTAINMENT	115 BBC3	7.00 Horrible...	7.30 International Football – Live: Belarus v Scotland (Kick-off 7.45)					10.00 Thailand: The Dark Side of Paradise	
	116 BBC4	7.00 Planet Earth		8.00 Da Vinci: The Lost Treasure		9.00 Call My Bluff	9.30 Face the Music	10.00 The Sky at...	10.30 The Biddy...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 The Only Way Is Essex		10.05 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Our Welsh Chapel Dream		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Elsbeth		10.00 Blue Bloods	
	108 SKY ATLANTIC	‹ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 Task			10.15 Mare of Easttown
	110 U&GOLD	7.00 Dad's Army: The Lost...	7.40 Porridge		8.20 Blackadder the Third		9.35 Not Going Out		10.15 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 Alison & Larry: Billericay to Barry		10.00 QI XL	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Grace				10.00 Law & Order: UK	
	120 ITV4	‹ 6.55 The Motorbike Show		7.55 The Chase Celebrity Special		9.00 Film: Cobra			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Iain Stirling's Roast the Internet		10.00 MTV Video Music Awards	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Freddie Down Under		9.00 The Paper		10.00 Resident Alien	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Shakespeare & Hathaway: Private Investigators			
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 André Rieu: Live in Maastricht VI					
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 Stacey Dooley Sleeps Over		10.00 The Supervet	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Mega Shippers		9.00 Mystery at Blind Frog Ranch		10.00 Salvage Dawgs	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Expedition Bigfoot		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Construction Fails		9.00 To Catch a Smuggler		10.00 Trafficked with Mariana Van Zeller	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 The Great British Dig: History in Your...		9.00 Sitting Bull			
	155 U&YESTERDAY	7.00 Tropic of Capricorn		8.00 Wilderness with Simon Reeve		9.00 Tropic of Cancer with Simon Reeve		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	‹ 6.55 Shaq		8.00 The Jinx: The Life and Deaths of...		9.00 Film: Going Clear: Scientology and the Prison of Belief			
FILMS – Sky Cinema	301 PREMIERE		7.15 Amongst the Wolves			9.00 The Brutalist			
	302 00s	‹ 6.05 Miss Congeniality		8.00 Miss Congeniality 2: Armed and Fabulous				10.00 Chicago	
	303 GEMS	‹ 5.40 Angels & Demons		8.00 Mad Max: Fury Road				10.05 Tropic Thunder	
	304 GREATS	‹ 6.05 Alfie		8.00 Singin' in the Rain			9.45 Brewster's Millions		
	305 ANIMATION	‹ 5.35 Despicable...	7.25 Rango			9.15 Sinbad: Legend of the Seven Seas			
	306 FAMILY	‹ 6.00 Peter Rabbit	7.45 The Golden Compass				9.50 Yogi Bear		
	307 ACTION	‹ 5.45 Superman II		8.00 Kraven the Hunter					10.15 Godzilla
	308 COMEDY	‹ 6.15 Anyone But You		8.00 Yesterday				10.00 It's Complicated	
	309 THRILLER	‹ 5.50 Nightcrawler		8.00 Ocean's Twelve					10.15 Lawless
	310 DRAMA	‹ 5.25 Funny Girl		8.00 A Star Is Born					10.20 The Great Escape
	311 SCI-FI	‹ 6.05 The Woman in Black: Angel of Death		8.00 King Kong					
	313 FILM4	‹ 6.45 Charlie's Angels				9.00 S.W.A.T.			
SPORT	401 MAIN EVENT	7.00 Sports Centre				9.00 Tennis – Live: Coverage from the WTA and/or ATP Tours			
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Champions Show: Liverpool		10.00 Transfer 360	10.30 Sticker Book
	403 FOOTBALL	7.00 EFL Highlights	7.30 WSL	8.00 SPFL Highlights	8.30 WSL	9.00 EFL Goals		10.00 EFL Highlights	
	405 CRICKET	‹ 6.00 Vitality T20 Blast Cricket					9.30 Best of...	10.00 One-Day International Cricket	
	410 TNT SPORTS 1	‹ 6.30 Superbike...	7.30 British Speedway – Live: Coverage of a play-off semi-final first-leg match					10.00 MotoGP	
	411 TNT SPORTS 2	‹ 6.00 Ultimate Pool – Live: Coverage of Group 14 of the Pairs Cup					9.30 Hard Knocks		10.30 Ref: Stories...

‹ Denotes programmes starting before 7.00pm † Regions vary

MONDAY

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Monday

BBC1

101 101 101 1 101 101 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** (S)(R)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** With Mark Benton. (S)(R)(AD)
3.00 **Escape to the Country** New edition From the Midlands. (S)
3.45 **The Travelling Auctioneers** New edition JJ Chalmers restores handmade sailing boats. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)
6.55 **Party Political Broadcast** (S)

3.00 Escape to the Country

7.00 **The One Show** Angellica Bell and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Rumours spread about the events of Zoe's return, and Ravi is called in for questioning by the police. (S)(AD)

8.00 **Panorama: Fighting the Cocaine Cartels** New edition Current affairs. (S)
8.30 **Policing Paradise** Documentary following police officers in Bermuda. (S)(R)(AD)

9.00 **The Guest** New episode 2/4. Ria faces the police while trying to pick up the pieces with Lee – but that will mean cutting Fran off entirely. (S1) (S)(AD)
■ Entire series on BBC iPlayer

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Have I Got News for You** Charlie Brooker hosts the satirical current affairs quiz, with guests Grayson Perry and Angela Barnes. (S)(R)
11.10 **Stranded on Honeymoon Island** 1/12. Reality dating show with Davina McCall. Six new couples are sent to spend their honeymoons on tropical beaches, to see if love can thrive away from modern life. (S)(R)(AD)
12.10 AM **Stranded on Honeymoon Island** 2/12. Three more couples get hitched and leap into their stranded life together. (S)(R)(AD)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 102 2 102 102 2

6.30 AM **Bargain Hunt** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Antiques Roadshow** From Cromford Mills. (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Yellowstone: The Blazing Summer** Documentary. (S)(R)(AD)
5.15 **Flog It!** From Ushaw. (S)(R)
6.00 **Richard Osman's House of Games** Sian Gibson, Jean Johansson, Iain Stirling and Rav Wilding test their trivia skills. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo embarks on a trip along the western coast of Wales, starting in Aberystwyth. (S)(R)(AD)

8.30 University Challenge

7.00 **NEW SERIES Global Eye** A programme focusing on forensic journalism. (S)
7.30 **Mastermind** New edition Tonight's specialist subjects include Bob Mortimer and the England cricket team under Michael Atherton. (S)

8.00 **Only Connect** New edition Doctors Matthews take on the Keyboard Worriers in a first-round match. (S)
8.30 **University Challenge** New edition Green Templeton College, Oxford, take on Darwin College, Cambridge. (S)

9.00 **Disaster at Sea: The Piper Alpha Story** Series finale 3/3. Survivors and witnesses give evidence at the Cullen Inquiry, revealing ignored warnings and failed safety and communication systems. (S)(AD)
■ Entire series on BBC iPlayer

10.00 **Upstart Crow** *What Bloody Man Is That?* 5/6. An outbreak of the plague in London prompts Will to flee to his family home. (S1) (S)(R)(AD)
10.30 **Newsnight** (S)
11.00 **FILM Hope and Glory** John Boorman's wartime drama about a suburban London family living through the Blitz. Stars Sebastian Rice-Edwards and Sarah Miles. (S)(AD) (1987, 15, 110min) ★★★
12.50 AM **Sign Zone: Countryfile** The final images are chosen for the 2026 *Countryfile* calendar. (S)(R)
1.45 **Sign Zone: Stranded on Honeymoon Island** (S)(R)(AD)
2.45 **Sign Zone: MasterChef** (S)(R)(AD)
3.45 **to 6.45** AM **Previews** (S)

ITV1

103 103 103 3 103 103 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Stoke-on-Trent to assess items including a broken toy found in a house clearance that has bidders clamouring to buy it. (S)(R)(AD)
3.00 **Tenable** Quiz show hosted by Warwick Davis. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.25 **Party Political Broadcast** (S)
6.30 **ITV News** (S)

9.00 I Fought the Law

7.30 **Emmerdale** Aaron once more tries to make his escape from John, whose defiance is unbreakable. Victoria is alarmed to finally hear first-hand from Paddy about his fears for John's welfare. (S)(AD)

8.00 **Coronation Street** Betsy's birthday is one to remember, and Carl has a job for Brody and Dylan. David worries when he finds a pregnancy test in the bin and Sarah suggests it could be Lily's. (S)(AD)

9.00 **I Fought the Law** Series finale 4/4. Ann's crusade takes her to the House of Lords, and Julie's son starts to ask questions. (S1) (S)(AD)
■ Entire series on ITVX
■ *I Fought the Law: The Ann Ming Story* is on Thursday at 9pm

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **The Real Fatal Attraction** Docu-drama telling the true story of Anisah Ahmed's multi-layered revenge campaign to destroy the life and reputation of her ex-lover, young barrister Iqbal Mohammed, after discovering he was married during their relationship. (S)(R)(AD)
12.00 M'T **Teleshopping**
3.00 AM **Cooking with the Stars** 4/6. Natalie Cassidy, Jack Osbourne and Kelly Hoppen compete in a three-way cooking battle. (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy's Taste of Florida** (S)(SL)(R)(AD)

+1 hour 203 303 35 112 251

CHANNEL 4

104/108 104/108 108 4/7 104/110 104/106 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 5-8/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A property in Spain's Costa Calida. (S)(R)
4.00 **Help! We Bought a Village** New edition Former soldier Mike pushes forward to save a crumbling mountain village in Spain. (S)
5.00 **Chateau DIY** Ben and Billie must finish work on their ballroom ahead of their first booking. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** Pilates fan Esther searches for a holiday home in Alicante. (S)(R)

8.00 Jamie: Eat Yourself Healthy

7.00 **News** (S)

8.00 **Jamie: Eat Yourself Healthy** New edition 3/5. Chef Jamie Oliver serves up seared tuna with wholegrain rice and a tangy kimchi sauce – a powerful combination of vitamin D and calcium that is said to benefit our bone health. (S)(AD)

9.00 **The Inheritance** New edition 5/12. At the Deceased's grand glampsite, the players must prepare the grounds for her famed Estate Festival – but a crucial instruction is misplaced. (S)(AD)
■ Continues tomorrow

10.00 **First Dates** Shaven-headed aspiring rapper Matt is romantically minded enough to present a bouquet of flowers to his date, music producer Breda. (S)(R)(AD)
11.05 **Educating Yorkshire** (S)(R)(AD)
12.05 AM **The Great British Bake Off: An Extra Slice** (S)(SL)(R)(AD)
1.05 **Mitchell and Webb Are Not Helping** 1/6. (S)(SL)(R)(AD)
1.30 **Travel Man: 48 Hours in Dublin**
2.00 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.45 **FILM American Refugee** Horror starring Erika Alexander. (S) (2021, 15, 95min) ★★★
4.20 **Kirstie's House of Craft** (S)(R)
4.40 **Hollyoaks Omnibus** (S)(SL)(R)
5.50 **to 6.30** AM **Countdown** (S)(R)

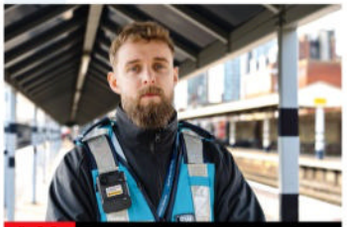
+1 hour 204/208 304 15 121 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 NEW SERIES **The Sunshine Murders** *Buried Family Secrets:* Murder mystery starring Emily Corcoran and Dora Chrysikou.
3.55 **All Creatures Great and Small** *For Whom the Bell Tolls:* 6/7. The radio reports that Britain is on the brink of war. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Paul and Mick hope that a fundraiser will help their dog rescue charity. (S)(R)(AD)
6.55 **News** (S)



9.00 Fare Dodgers: At War with...

7.00 Traffic Cops Officers tackle people driving illegally, going in pursuit of a motorist who fails to stop, with the chase reaching more than double the national speed limit. (S)(R)
7.55 **News** (S)

8.00 Motorway Cops: Catching Britain's Speeders New edition Humber Bridge staff call police about a car stinking of cannabis, and on the M62, the onboard ANPR camera pings up for a car driving without insurance. (S)

9.00 Fare Dodgers: At War with the Law New edition Transport for London investigators go on an undercover sting in Ilford to catch a suspected fare dodger who they believe has £3,000 in unpaid fares. (S)

10.00 Cause of Death 2/5. Coroners investigate the death of a mum, who was found deceased after a local dance music festival and the team must confirm the identity of a man, who is found dead in his flat. (S)(R)

11.05 **Police 999: Clear & Present Danger** Police try to free a woman from an intruder. (S)(R)
12.05 AM **Police Interceptors** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Brunel: Building a Great Britain** Documentary. (S)(R)
4.40 **Nick Knowles' Big House Clearout** In Marlow. (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S5) (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **NCIS: Los Angeles** (S14) (S)(R)
4.00 **S.W.A.T.** 16/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Bart the Cool Kid:* Bart makes friends with a child who is an influencer. (S)(R)
5.30 *You Won't Believe What This Ep's About: Act 3 Will Shock You!* All of Springfield is outraged at Homer. (S)(R)
6.00 *Pretty Whittle Liars:* Cletus discovers that his wife Brandine has a secret. (S)(R)
6.30 *The Sound of Bleeding Gums:* Lisa meets Bleeding Gums Murphy's son. (S)(R)

7.00 The Office (US)

7.00 The Office (US) *Dwight's Speech:* 17/22. Dwight is named salesman of the year. (S)(R)
7.30 *Take Your Daughter to Work Day:* 18/22. Michael strikes up a peculiar new friendship. (S2) (S)(R)

8.00 Attenborough's Journey Documentary following David Attenborough as he travels around the world to make his series *First Life,* which explores the origins of life on Earth. (S)(R)(AD)

9.00 FILM Sherlock Holmes: A Game of Shadows Guy Ritchie's rollicking action adventure sequel starring Robert Downey Jr and Jude Law. Sherlock Holmes and Dr Watson strive to thwart Professor Moriarty, the evil genius behind a wave of bombings and assassinations across Europe. With Noomi Rapace. (S) (2011, 12, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

11.20 **Last Week Tonight with John Oliver** Talk show. (R)
12.05 AM **Curb Your Enthusiasm** 5&6/10. Double bill. (S4) (S)(R)
1.15 **The Force: North East** (S)(R)
2.10 **Road Wars** Vehicle crime. (S)(R)
3.05 **NCIS: Los Angeles** 21/21. Callen and Anna make an impromptu decision. (S14) (S)(R)
4.00 **S.W.A.T.** 16/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
7.30-10.00pm LIVE International Football (S) **10.40** EastEnders (S)(R) (AD) **11.10** Panorama: Fighting the Cocaine Cartels New edition (S) **11.40** Have I Got News for You (S)(R) **12.10am** Scotcast (S)(R) **12.40** Sportscene: SWPL Highlights (S)(R) **1.10** Weather for the Week Ahead (S) **1.15-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
8.00-8.30pm Spotlight (S) **10.40** True North: The Pleasure Boys (S)(R) **11.10-11.40pm** Trying New episode (S)

WALES
Sky 965, Virgin 864, Freesat 965
No variations

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm Giorraíonn Beirt Bóthar (S)(R)

WALES
Sky 968, Freesat 968
No variations

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Trysorau Cymru: Tir, Tai a Chyfrinachau (AD) **12.30** Heno **1.00** Mynyddoedd y Byd **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Triathlon Cymru **4.00** Awr Fawr **5.00** Stwnsh **6.00** Cartrefi Cymru **6.30** Rownd a Rownd (AD) **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** NEW SERIES Adeiladu'r Freuddwyd: Camp Out West **8.25** Garddio a Mwy New edition **8.55** Newyddion a'r Tywydd **9.00** Teulu Shadog: Tymhorau'r Flwyddyn New edition (AD) **9.30** Sgorio **10.00** NEW Joey **10.35-11.40pm** Mike Phillips: Croeso i Dubai (AD)

TV&Satellite week
New issue on sale tomorrow

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** The Norman siege of Palermo gets hairy for a war reporter.
7.25 **The Catch Up**
7.30 LIVE **International Football** Belarus v Scotland: Coverage from ZTE Arena. Kick-off is at 7.45.
10.00 NEW SERIES **Thailand: The Dark Side of Paradise** 1/3. Zara McDermott discovers the dark side of backpacker culture. ■ Entire series on BBC iPlayer
10.45 **Confessions of a Steroid Gang** How a father and son built a drug empire. **11.15** Macaulay finds out he's being short-changed. **11.45** Father and son reunite, but the trust between them is broken.
12.15 AM **My Insta Scammer Friend** Documentary.
1.00 **Thailand: The Dark Side of Paradise** As 10.00pm.
1.45 **Tommy: The Good. The Bad. The Fury**
2.45 **My Insta Scammer Friend**
3.30 **to 4.00** AM **Confessions of a Steroid Gang**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed**
5.55 **Location, Location, Location** Kirstie and Phil are house-hunting in and around Bristol. **6.55** Phil Spencer catches up with two couples who struggled to find their first marital home, including Rupreet and Sundeep who had their hearts set on a specific area in Harrow.
7.55 **Grand Designs** A couple transforming a 1960s forester's lodge into a unique Japanese home.
9.00 **Our Welsh Chapel Dream** Keith Brymer Jones and his partner Marj start renovations on the downstairs Sunday School so it can become their living space, but first they have to tackle the dry rot.
10.00 **24 Hours in A&E** A pub landlord is brought in with burnt legs as a result of his barbecue gas exploding, and a builder breaks his neck after falling off his shed.
11.05 **24 Hours in A&E** Doctors treat a baby who stopped breathing at home.
12.10 AM **999: On the Front Line** Documentary.
1.15 **24 Hours in A&E**
3.20 **to 3.50** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** The epic journey of a humpback whale and its calf.
8.00 **Da Vinci: The Lost Treasure** A recently discovered painting by Leonardo da Vinci.
9.00 **Call My Bluff** With June Bolton, Richard Briers, Joanna Lumley and Derek Jacobi.
9.30 **Face the Music** With Joyce Grenfell, Richard Baker and David Attenborough.
10.00 **The Sky at Night** New edition The team explore the expansion of the universe and the questions it raises about the cosmos.
10.30 **The Biddy Baxter Story** A 1987 profile of the former *Blue Peter* editor.
11.00 **The Riviera: A History in Pictures** Documentary.
12.00 M'T **Lisbon: An Art Lovers' Guide**
1.00 AM **Da Vinci: The Lost Treasure** As 8.00pm.
2.00 **Planet Earth** As 7.00pm.
3.00 **Face the Music**
3.30 **to 3.55** AM **The Biddy Baxter Story**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 3-6/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks**
7.30 **The Simpsons** *Mountain of Madness:* An avalanche traps Homer and Mr Burns.
8.00 **First Dates** Big Narstie's cousin goes on a date with an office manager.
9.00 **Celebs Go Dating** New edition Liv meets with Dr Tara and Paul to talk through her next date, and Mark also pops into the agency to hear his feedback from his date with Josie.
10.00 **Gogglebox** *Strictly Come Dancing* and *Don't Rock the Boat* are appraised.
11.05 **First Dates**
12.05 AM **Naked Attraction**
1.05 **The Simpsons**
1.40 **Gogglebox**
2.35 **Celebs Go Dating**
3.30 **First Dates**
4.25 **Young Sheldon**
5.15 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Monday primetime

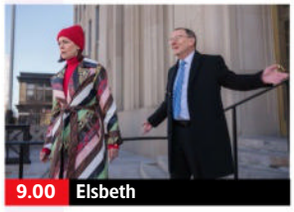
MONDAY Entertainment

Monday

Sky Witness

107 107 110 341 356

6.00 AM **Motorway Patrol**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **Customs UK**
1.00 PM **FBI: International** 12/22. The team delve into a case involving the murder of an elderly German man. (S2)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare** Six editions of the documentary.


9.00 Elsbeth

Sky Atlantic

108/109 108/109 342 357

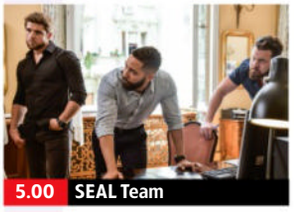
6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 5&6/10. (S6)
10.00 **Westworld** 1&2/10. (S2)
12.20 PM **Game of Thrones** (S2)
1.25 **Das Boot** 7&8/8. (S1)
3.35 **True Blood** 7/10. Eric makes a final attempt to save Nora.
4.40 8/10. Sookie faces a major dilemma. (S6)
5.45 **Homicide: Life on the Street** 2/4. Pembleton investigates allegations of police brutality.
6.50 3/4. Tempers flare for Pembleton and Gee. (S2)

9.00 Task

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 13/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 8/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 16/22. Classified information is leaked. (S6)
5.00 **SEAL Team** 7/20. The unit help try to prevent a sniper attack on US dignitaries. (S3)
6.00 **Stargate Atlantis** 7/20. Dr Beckett has to delay his departure from Atlantis. (S5)


5.00 SEAL Team

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.05 **Real Housewives of New...**
12.00 NOON **Dinner Date**
1.00 PM **Billie and Greg**
2.00 **The Only Way Is Essex**
3.00 **The Bachelor Australia**
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

8.00 The 1% Club

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 3&4/9. (S2)
10.15 **The Royal** *For Those in Peril.*
11.20 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 5/9. The medic is accused of murder.
4.40 7/9. Mark's stag night ends in disaster. (S2)
5.50 **Heartbeat** *Forbidden Fruit:* Craddock puts Mike on leave after he has a romantic liaison with a bereaved local.

8.00 Grace

7 PM

7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

7.55 Game of Thrones *The Old Gods and the New:* 6/10. Joffrey's rule prompts the people of King's Landing to riot and Daenerys vows to reclaim what she believes is hers. (S2)

7.00 Stargate Atlantis *The Queen:* 8/20. Teyla embarks on a dangerous undercover mission among the Wraith. (S5)

7.00 Deal or No Deal A contestant tries to open the 22 red boxes in the right order for the chance to win a cash prize.

6.55 Heartbeat *Where There's a Will:* Mike clashes with no-nonsense new solicitor Jackie Lambert over a contested will.

8 PM

8.00 The Equalizer *Where There's Smoke:* 2/18. The team search for a missing firefighter. (S3)

8.00 Freddie Down Under 6/6. Andrew Flintoff and Rob Penn conclude their adventure with a banquet of barbecued bugs.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all based around logic and common sense.

8.00 Grace *Dead Man's Time:* Branson and Grace investigate a brutal robbery at a house where thousands of pounds worth of antiques were stolen and the owner left fighting for her life.

9 PM

9.00 Elsbeth New episode *I Know What You Did 33 Summers Ago:* 18/20. The lawyer tries to prove Milton Crawford is a killer. (S2)

9.00 NEW SERIES Task *Crossings:* 1/7. Crime drama with Mark Ruffalo. An FBI agent heads up a task force to tackle drug-house robberies. *See feature, page 6.* (S1)

9.00 The Paper *Pilot:* 1/10. Spin-off comedy series.
9.30 *The Five Ws:* 2/10. Ned slowly starts with his volunteer reporters. (S1)

9.00 The Only Way Is Essex New edition Courtney brings Chloe and Saff together for a day out in order to clear the air.

10 PM

10.00 Blue Bloods *Close to Home:* 15/21. Danny works with Texas Ranger Waylon Gates. (S13)
11.00 **Bull** 15/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 1/18. (S3)
2.00 **The Rookie** New episode (S7)
3.00 **FBI: Most Wanted** New episode 5/22. (S6)
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

10.15 Mare of Easttown *Miss Lady Hawk Herself:* 1/7. First episode. (S1)
11.20 **I Know This Much Is True** 1/6. Drama series. (S1)
12.25 AM **The Sopranos** 10/13. (S2)
1.35 **The White Lotus** 1/8. (S3)
2.45 **The Leftovers** 10/10. (S2)
4.05 **The Guest Wing**
5.00 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

10.00 Resident Alien *Truth Hurts:* 4/10. Harry and Heather reunite, but their relationship is still beset by complications. (S4)
11.00 **Warrior** 4/10. Chao comes to Bill with a mutually beneficial proposal, while a sympathetic Sophie offers Leary a new plan. (S2)
12.00 M'T **The Force: North East**
1.00 AM **Road Wars** Double bill.
3.00 **NCIS: Los Angeles** (S14)
4.00 **S.W.A.T.** 16/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

10.05 Family Guy 14/20. Peter accidentally becomes the face of social justice.
10.35 6/20. Peter and Lois reminisce. (S18)
11.00 **Family Guy** 7/20. (S18)
11.30 6/23. (S10)
12.00 M'T **American Dad!** (S14&13)
1.00 AM **Bob's Burgers** 12/22. (S9)
1.30 **Plebs** 5/8. (S4)
2.00 **Olivia Attwood's Bad Boyfriends** Reality show.
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Law & Order: UK *Intent:* 5/6. The murders of a popular couple seems to be a case of mistaken identity. (S5)
11.00 **Law & Order: UK** 6/6. A boy is intimidated into keeping silent about a shooting. (S5)
11.55 **Professor T** 5/6. The Professor's biggest rival is killed at a conference. (S3)
1.00 AM **The Tower** 2/4. (S3)
2.00 **to 3.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
2.00 PM **Sign Zone: Beechgrove Garden**
2.30 **Sign Zone: Make It to Munich**
3.30 **Sign Zone: Martin Compston's Scottish Fling** The Western Isles.
4.00 **This Is BBC Scotland**
7.00 **Reporting Scotland**
7.30 **The Travelling Auctioneers**
8.00 **The Secret Lives of Lighthouse Keepers**
8.30 **Grand Tours of Scotland's Rivers** Paul Murton explores the lower River Tay.
9.00 **Amazing Hotels: Life Beyond the Lobby** Rob and Monica work in a Shanghai hotel built into a quarry.
10.00 **The Agency: Unfiltered**
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Sportscene: SWPL Highlights** Recent action.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S4)
11.20 **Girls** 7&8/10. (S1)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** 7/24. Jack's mother visits.
7.15 8/24. Will receives a job offer. (S2)
7.45 **Sex and the City** 6/18. Carrie admits she wants Aidan back.
8.25 7/18. Carrie is consumed by guilt over her affair with Big. (S4)
9.00 **Last Week Tonight with John Oliver** New edition
9.45 **Real Time with Bill Maher** New edition
10.55 **Last Week Tonight with John Oliver** Chat show.
11.40 **Entourage** (S3)
1.20 AM **Veep** (S6)
2.30 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Darbar Festival**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Charles Hazlewood: Beethoven & Me**
3.00 **Literature & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **André Rieu: Live in Maastricht VI**
10.45 **Pavarotti in Central Park** The great tenor performs favourite arias.
1.00 AM **National Theatre Live: Frankenstein**
3.30 **Opera North's Resonance**
3.45 **National Treasures: The Art of Collecting**
4.45 **to 6.00** AM **National Trust: National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager** (S2)
7.00 **Star Trek: The Next Generation** 1/26. (S3)
8.00 **Star Trek: Deep Space Nine** *Starship Down:* 7/26. The *Defiant* is trapped in a planet's atmosphere. (S4)
9.00 **FBI** 8&9/15. (S3)
11.00 **Grimm** 10/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill of the quiz show.
5.00 **Deal or No Deal** Stephen Mulhern hosts as Donna takes on the infamous Banker.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Gemma takes on the ruthless Banker for the chance to win life-changing money.
9.00 **Who Wants to Be a Millionaire? Celebrity Special** Anton Du Beke and Fred Sirieix compete to win a cash prize for charity.
10.00 **Tipping Point** Triple bill of the game show.
12.50 AM **Who Wants to Be a Millionaire? Celebrity Special** As 9.00pm.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Murder, She Wrote**
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 13&14/24. (S4)
12.00 NOON **Highway to Heaven** 16/24. (S2)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Vanished** Romance.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 3/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** (S1)
9.00 **FILM The Terminal** Comedy drama. (2004, 12, 129min) ★★★★
11.40 **Rising Damp** 3/7. (S1)
12.10 AM **Man About the House** 3/7. (S1)
12.40 **M*A*S*H** (S10)
1.40 **Home to Roost** (S1)
2.10 **A Fine Romance** (S1)
2.35 **Danielle Steel's Vanished** Romance.
4.05 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Saint**
7.20 **Kojak** Double bill.
9.25 **Magnum, PI** Double bill.
11.30 **Robin of Sherwood**
12.35 PM **BattleBots**
1.35 **Kojak** Double bill.
3.45 **Magnum, PI** *Home from the Sea:* Thomas is stranded at sea.
4.50 *Luther Gillis – File No 521:* Thomas look for a missing girl.
5.50 **The Saint** *The Man Who Liked Lions:* Templar investigates the murder of a journalist friend.

9.00 Cobra

6.55 **The Motorbike Show** Henry Cole visits South Africa for some dual sport touring, and continues his Harley restoration.
7.55 **The Chase Celebrity Special** Karim Zeroual, Christopher Biggins, Ellie Leach and Des Clarke take part in the quiz.
9.00 **FILM Cobra** Crime thriller starring Sylvester Stallone and Brigitte Nielsen. A maverick cop goes on the trail of a seemingly motiveless serial killer. (1986, 18, 87min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
10.50 **FILM Lethal Weapon 3** Action comedy thriller sequel starring Mel Gibson and Danny Glover. (1992, 15, 118min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●
1.00 AM **Motorsport UK** Recent action from Croft.
1.50 **Two and a Half Men**
2.45 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 12/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 20/20. (S1)
2.00 **Primeval** 4/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 4/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 12/26. Picard gets trapped while playing a virtual reality game. (S1)

11.00 Wynonna Earp

7.00 **Primeval** 4/7. A school detention class comes under attack from a therocephalian stalking the corridors. (S4)
8.00 **Stargate Atlantis** *Doppelgänger:* 4/20. A psychopathic crystalline entity invades the crew's dreams. (S4)
9.00 **The Ark** *Two By Two:* 6/12. The crew must devise a plan after identifying a planet that is rich in much-needed fuel. (S1)
10.00 **The Walking Dead** *Variant:* 19/24. Eugene goes on the run in the wake of the Founders' Day incident. (S11)
11.00 **Wynonna Earp** 12/12. A new witch makes herself known in Purgatory. (S4)
12.00 M'T **FILM Wynonna Earp: Vengeance** Sci-fi Western spin-off with Melanie Scrofano. (2024, 96min) ★★★★
2.00 AM **True Blood** 9&10/10. (S6)
4.00 **Primeval** As 7.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S12)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 11/23. (S2)
11.00 **Hudson & Rex** 4/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S12&13)
4.00 **The Mentalist** 11/23. (S2)
5.00 **Hudson & Rex** 4/16. Charlie and Rex rush to disarm a masked gunman. (S6)
6.00 **Father Brown** *The Upcott Fraternity:* The suicide of a student leads Father Brown to believe a murderer is at work.

9.00 Shakespeare & Hathaway

7.00 **Body of Proof** *Society Hill:* 6/9. Megan attends a social event, hoping it will help her solve the murder of a magazine editor. (S1)
8.00 **Death in Paradise** *Murder on the Day of the Dead:* 5/8. A man receives a strange voicemail from his wife. (S7)
9.00 **Shakespeare & Hathaway: Private Investigators** 9/10. Frank becomes prime suspect in a murder case.
10.00 **Shakespeare & Hathaway: Private Investigators** 10/10. A 'Voice in the Dark' threatens Wintermas. (S4)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 12/16. Peter and Neal try to free a diplomat's human rights activist's son from Burma. (S2)
1.00 AM **Death in Paradise** (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.25 AM **Highlights**
8.40 **Only Fools and Horses**
10.00 **Hi-de-Hi!**
10.40 **Porridge**
11.20 **Last of the Summer Wine**
12.40 PM **Don't Wait Up**
1.20 **Keeping Up Appearances**
2.00 **Dad's Army**
2.40 **Porridge**
3.20 **Last of the Summer Wine**
4.40 **Don't Wait Up**
5.20 **Ricky & Ralf's Very Northern Road Trip** From Lancashire.
6.20 **Hi-de-Hi!**

5.20 Very Northern Road Trip

7.00 **Dad's Army: The Lost Episodes** The platoon think someone is signalling to enemy aircraft.
7.40 **Porridge** Godber starts work on another O-level course.
8.20 **Blackadder the Third** Edmund gets caught up in the French Revolution.
9.00 **Blackadder the Third** Prince George works on his speech-making.
9.35 **Not Going Out** A young woman turns up on Lee's doorstep and claims he may be her father.
10.15 **The Office** The new staff members arrive for their first day at work in Slough.
10.55 **Blackadder the Third**
12.15 AM **The Thin Blue Line**
12.55 **Not Going Out** As 9.35pm.
1.30 **The Office** As 10.15pm.
2.20 **Dad's Army: The Lost Episodes** As 7.00pm.
2.50 **The Thin Blue Line**
3.20 **to 4.00** AM **The Office**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Railroad Australia**
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia** One man and a huge train take on the unforgiving Pilbara.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef takes a culinary break in Lisbon, Potugal.
6.00 **Hairy Bikers' Best of British** Dave Myers and Si King look at the history of pub food.

9.00 Alison & Larry: Billericay...

7.00 **Would I Lie to You?** With Aston Merrygold, Olivia Colman, Jon Richardson and Michaela Strachan.
7.35 **Richard Osman's House of Games** With Maisie Adam and Rory Bremner.
8.15 With Darren Harriott, Charlie Brooks, Les Dennis and Melinda Messenger.
9.00 **Alison & Larry: Billericay to Barry** Alison Steadman and Larry Lamb set off on the final leg of their road trip.
10.00 **QI XL** Jeremy Clarkson, Jason Manford and Sandi Toksvig join regular panellist Alan Davies and host Stephen Fry.
11.00 **Taskmaster** Featuring a task involving vegetable propulsion.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Dave Gorman: Modern Life Is Goodish** Life hacks.
3.00 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun: What Happened Next?**
2.00 **A Place in the Sun**
3.00 **Celebrity Come Dine with Me** Five editions.
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It** Kirstie and Phil reunite with a couple from Yorkshire.
8.00 **Educating Yorkshire** The pressure of secondary school starts to get real for Year 10 pupil Casey, who is dyslexic.
9.00 **24 Hours in A&E**
10.05 **999: On the Front Line**
11.05 **Gogglebox** Double bill.
1.10 AM **FILM Jerry & Marge Go Large** Comedy drama with Bryan Cranston and Annette Bening. (2022, 12, 92min) ★★★★
3.00 **Love Cheats**
4.00 **to 5.00** AM **24 Hours in A&E**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 8-10/24. (S8)
12.05 PM **Law & Order**
6.00 **NCIS** *Swan Song:* 23/24. A member of the NCIS team are targeted.
7.00 *Pyramid:* 24/24. Gibbs and the team attend the funeral of a fallen colleague. (S8)
8.00 *Nature of the Beast:* 1/24. Tony tries to piece together the chain of events that led to him being shot. (S9)
9.00 **Wild Cards** New episode *Show Me the Murder:* 2/10. A community outreach lecture turns into a murder case when Max and Ellis find an elite sports agent dead. (S1)
10.00 **Law & Order: Special Victims Unit** (S19)
1.50 AM **Blue Bloods** (S7)
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Barnsley Hospital faces a record-breaking number of patients.
9.00 **Ambulance: Code Red** Medics fight to save the life of a stabbing victim.
10.00 **999: Critical Condition**
11.00 **Skin A&E** Documentary.
12.00 M'T **Cause of Death**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.05 **Trucking Hell**
11.05 **Traffic Cops**
12.05 PM **Police Interceptors**
2.10 **FILM Chief Crazy Horse** Western starring Victor Mature and Suzan Ball. (1955, PG, 88min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
7.00 **Motorway Cops: Catching Britain's Speeders** A driver refuses to stop and decides to ditch his car.
8.00 **Police Interceptors**
9.00 **Ice Road Truckers**
11.00 **MacGyver** 5/23. (S2)
12.00 M'T **La Brea** New episode 6/14. The plan to infiltrate the building goes awry. (S2)
1.00 AM **The Tube: Keep London Moving!**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The hopefuls design their own pressure test.
8.00 **Inside the Ambulance** Paramedics suspect a baby has meningitis.
9.00 **Stacey Dooley Sleeps Over** Series finale 3/3. Stacey meets a single mother-of-eight who has openly shared her state-funded lifestyle.
10.00 **The Supervet**
11.00 **Emergency: First Time Medics** Double bill.
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 3/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Brokenwood Mysteries** New episode *How the Other Half Dies:* 4/6. A man is crushed by a chandelier. (S11)
10.00 **New Tricks** *Breadcrumbs:* An elderly amateur sleuth is murdered.
11.20 **Spooks** 8/10. (S6)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

MONDAY Entertainment

Monday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** With David Gest.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Natasha Raskin Sharp and James Braxton look for bargains in Devon. **8.00** Natasha discovers a labyrinth of tunnels beneath Exeter's streets.
9.00 **The Yorkshire Auction House** New edition Angus Ashworth and his team perform house clearances and uncover hidden gems.
10.00 **The Yorkshire Auction House** Double bill.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Valentine's Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Celebrity Who Wants to Be a Millionaire?**
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With Austin Healey, Joe Pasquale, Janet Street-Porter and Mark Durden-Smith.
8.00 **The Chase** Double bill of the quiz show.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill of the quiz in which celebrities compete to win a cash prize for charity.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** Western.
9.50 **FILM Hell and High Water** Thriller. (1954, PG, 103min) ★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Ride in the Whirlwind** Western. (1966, PG, 83min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 **FILM Shooter** Action thriller. (2007, 15, 125min) ★★★★
11.35 **FILM Rambo** Action drama sequel. (2008, 18, 90min) ★★★
1.30 AM **The Avengers** (S4)
2.30 **The New Avengers** (S1)
3.30 **Cops Uncut** Double bill.
4.20 **Wild West Chronicles**
5.35 **to 6.00** AM **Cops Uncut**
+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Treacherous** Thriller. (2018, PG) ★★
10.00 **Unforgettable** (S1)
11.00 **Castle** 2/10. (S1)
12.00 NOON **FILM An Emma Fielding Mystery: Site Unseen** (2017, PG) ★★
1.55 PM **FILM An Emma Fielding Mystery: Past Malice** Crime drama. (2018, PG, 90min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 3/10. (S1)
8.00 **Unforgettable** (S1)
9.00 **FILM Mystery 101: Playing Dead** Drama. (2019, PG, 90min) ★★
10.55 **FILM Cheer Squad Secrets** Crime drama. (2021, 15, 90min) ★★
1.05 AM **FILM Mommy Be Mine** (2018, 12) ★★
2.50 **FILM A Daughter's Deception** Thriller. (2019, 12, 85min) ★★
4.25 **to 4.50** AM **Police Ten 7**
+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM The Christmas Pageant** Comedy. (2011, U, 87min) ★★★
10.00 **FILM Christmas Catch** Comedy. (2018, PG) ★★
12.05 PM **FILM Christmas Bells Are Ringing** Drama. (2018, PG) ★★
2.00 **FILM My Christmas Dream** (2016, PG) ★★
4.00 **FILM Twinkle All the Way** Festive drama. (2019, PG, 87min) ★★
5.55 **FILM The Santa Squad** Drama. (2020, PG) ★★
8.00 **FILM The Christmas Chalet** Romantic drama. (2019, PG, 90min) ★★
9.55 **FILM A Holiday Wish Come True** Drama. (2018, U, 90min) ★★
11.55 **FILM Finding Santa** Drama. (2017, U) ★★
1.50 AM **FILM A Starstruck Christmas** Drama. (2021, U, 105min) ★★
3.25 **to 4.50** AM **FILM My Christmas Dream**
+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
8.30 **Carry On Laughing**
9.00 **Bubblegum & Cheese**
10.00 **Bewitched** (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie**
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **Kane & Abel**
3.45 **Auto Rewind**
4.00 **Born Free** 11/13.
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie** (S1)
7.00 **Carry On Laughing**
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of Breath** 4/6. (S4)
9.00 **Please Sir!** (S3)
9.30 **Brass** 9/13. (S2)
10.00 **Game On** 2/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **Kane & Abel**
2.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** The fleet battle huge waves as the winter crabbing season comes to a close. **8.00** A storm shatters Jake's steel anchor.
9.00 **Body Bizarre** A woman with a rare disorder that means her skin falls off. **10.00** A young Mexican man with a tumour on the side of his face.
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Paul Hollywood: City Bakes** Jerusalem.
7.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **The Pioneer Woman** 4.00 New editions
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Tom Kerridge's American Feast**
10.00 **Tom Kerridge Secrets of the Pub Kitchen**
11.00 **Diners, Drive-Ins and Dives** Triple bill.
1.00 AM **Man v Food with Casey Webb**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 20/24. (S8)
9.00 **The Fall Guy** (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Wyvern** Fantasy. (2009, 15, 84min) ★★
12.45 PM **FILM Two Rode Together** Western. (1961, PG, 109min) ★★★
2.50 **FILM The Last Command** Western. (1955, PG, 110min) ★★★
5.00 **Star Trek** 10/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Centurion** Gory action thriller starring Michael Fassbender. (2009, 15, 91min) ★★★
11.00 **FILM Ulzana's Raid** Cult Western. (1972, 15, 103min) ★★★★
1.00 AM **FILM Maximum Overdrive** Horror. (1986, 18, 97min) ★★★
2.55 **to 4.50** AM **FILM Under Suspicion** Thriller. (1991, 18, 100min) ★★
+1 hour 318 371 139

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Meteor Apocalypse** As 5.00pm.
8.00 **FILM The Fabulous Journey to the Centre of the Earth** Fantasy. (1978, PG, 87min) ★★
10.00 **Andromeda** 17/22. (S1)
11.00 **Impact** 2/2.
1.00 PM **FILM Super Cyclone** Disaster movie. (2012, 12, 90min) ★
3.00 **Andromeda** 17/22. (S1)
4.00 **The A-Team** 12/13. (S5)
5.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
7.00 **Andromeda** 18/22. (S1)
8.00 **The A-Team** 13/13. (S5)
9.00 **FILM The Game** Thriller starring Michael Douglas and Sean Penn. (1997, 15, 128min) ★★★★
11.30 **FILM Hannie Caulder** Revenge Western. (1971, 15, 85min) ★
1.15 **to 3.00** AM **FILM Prey** Horror adventure. (2018, 15, 85min) ★★★
+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs Declassified**
11.10 **The UnXplained with William Shatner**
12.10 PM **Mysteries from Above** A head carving.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Junk and Disorderly**
8.00 **Dickinson's Real Deal**
9.00 **The Curse of Oak Island**
10.00 **History's Greatest Mysteries** Loch Ness.
11.00 **Forbidden History**
1.00 AM **UFOs Declassified**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of Buckingham Palace with Alexander Armstrong** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Oregon.
12.00 NOON **Loch Lomond: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of Buckingham Palace with Alexander Armstrong** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben heads to Pembrokeshire.
9.00 **Susan Calman's Grand Day Out** From Cromer.
10.00 **Cruising with Jane McDonald** The singer explores Portugal.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** From Derbyshire.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** A Methodist chapel in Derbyshire.
9.00 **Fixer Upper: The Lakehouse** Double bill.
10.00 **Celebrity IOU** New edition Actor Kyle MacLachlan teams up with Jonathan and Drew.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Curvy Brides Boutique**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Extreme Sisters**
8.00 **My Big Fat Fabulous Life**
9.00 **1000-lb Sisters**
10.00 **Baylen Out Loud**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **Baylen Out Loud**
3.00 **Body Bizarre**
4.00 **My Big Fat Fabulous Life**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 2&3/24. (S1)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S3)
8.00 **Friends** 23/25. Ross finds a growth on his buttocks. **8.30** 24/25. Guest stars Robin Williams. (S3)
9.00 **Iain Stirling's Roast the Internet** New edition With Guz Khan, Lara Ricote, Babatunde Aléshé and Lou Wall.
10.00 **NEW MTV Video Music Awards** Coverage of the awards ceremony at the UBS Arena in New York.
1.00 AM **Whose Line Is It Anyway? USA**
2.00 **Mike Judge's Beavis and Butt-Head** (S3)
2.30 **Kiri Pritchard-McLean: Home Truths**
3.50 **Your Face or Mine**
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 4&5/13. (S1)
11.00 **Friends** 10-13/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 6&7/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S8)
9.00 **New Girl** 13/24. Jess asks Schmidt to help. **9.30** 14/24. Jess gets picked on. (S1)
10.00 **Friends** 9-14/25. (S3)
1.00 AM **Beavis and Butt-Head** (S4&5)
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **Andrew Maxwell: Yo Contraire** Stand-up.
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense...**
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **UK Border Force**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **NCIS: New Orleans**
4.00 **Highway Cops**
5.00 **Motorway Patrol**
6.00 **Border Security USA**
7.00 **SEAL Team** (S1)
9.00 **Road Wars**
10.00 **Last King of the Cross** 1/10. Fact-based Australian crime drama. **11.00** 2/10. John learns that no favours come for free. (S1)
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Duck Quacks Don't Echo** With Joe Lycett.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The Dramatic**
10.00 **Catfish: The TV Show**
1.00 PM **Catfish: The TV Show** Triple bill.
4.00 **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2: From the Beginning**
8.00 **NEW MTV Video Music Awards** Coverage of the award ceremony at the UBS Arena in New York.
12.00 M'T **Ridiculousness** New edition Rob, Steelo and Carly Aquilino get shocked by some 'parenting surprises'.
12.30 AM **Ridiculousness**
1.00 **Ink Master Redemption**
2.00 **Geordie Shore: Marnie's Story**
2.45 **Caught in the Act: Unfaithful** Reality show.
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers** Double bill.
1.00 PM **Gold Divers**
3.00 **Scrap Kings** In Oldham, a magistrates' court is torn down. **4.00** A job centre is destroyed.
5.00 **Building Off the Grid** A father-son duo build an off-grid home in Montana.
6.00 **Hoffman Family Gold** Documentary following Todd Hoffman as he turns around a distressed mine in Alaska.

9.00 Mystery of Blind Frog...

7.00 **Wheeler Dealers: Dream Car** Mike and Elvis trade up to a British muscle car, the TVR Cerbera, for electrical engineer Adam.

8.00 **Mega Shippers** Profiling the workers responsible for keeping the world's cargo ships on the move 365 days a year.

9.00 **Mystery at Blind Frog Ranch** New edition Chad traces the cavern to a bear marker and a cave hiding a gold ledger.

10.00 **Salvage Dawgs** Following efforts to salvage a six-storey hotel in Virginia. **10.30** The crew salvage a former grist mill.

11.00 **Mystery at Blind Frog Ranch**
12.00 M'T **Blowing Up History** The history behind the Nazca Lines.
1.00 AM **Mystery at Blind Frog Ranch** Documentary.
2.00 **Salvage Dawgs** Double bill.
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Saved by the Barn**
10.00 **Tanked: Unfiltered**
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A cat given as a gift proves a bad omen. **4.00** A couple try to temper their vicious cat.
5.00 **Lone Star Law** The wardens increase patrols for the short pronghorn season.
6.00 **Dr Jeff: Rocky Mountain Vet** A cat needs facial surgery.

7.00 Treehouse Masters

7.00 **Treehouse Masters** Pete Nelson creates a bungalow with large windows to take in a view that was once lost.

8.00 **Expedition Bigfoot** After receiving a recording of an alleged Bigfoot call, Bryce blasts it over a speaker system.

9.00 **Alaska: The Last Frontier** The team must build a cattle fence and rebuild a cabin before the river's tide traps their barge.

10.00 **Alaskan Bush People** Ami prepares for a critical medical check-up, but Billy has concerns about the homestead.

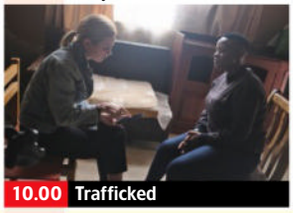
11.00 **Pit Bulls & Parolees** A storm threatens to flood the centre.
12.00 M'T **Crikey! It's the Irwins** Terri and Bindi welcome seven new lemurs from America.
1.00 AM **Expedition Bigfoot**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Megafactories**
1.00 PM **Engineering Europe**
2.00 **Secret Nazi Science**
4.00 **Pirates: Behind the Legends** William Kidd, a pirate hunter who turned pirate himself.
5.00 **Car S.O.S** Fuzz and Tim restore a Ford Fiesta XR2.
6.00 **Hitler's Last Stand** Five months after D-Day, the ground war finally arrives on German soil.



10.00 Trafficked

7.00 **Air Crash Investigation** The shocking reasons behind a devastating plane crash in Buenos Aires.

8.00 **Construction Fails** New edition A tour of some of the world's most expensive and useless airports.

9.00 **To Catch a Smuggler** New edition CBP agents in Newark stop a passenger with suitcases full of marijuana.

10.00 **Trafficked with Mariana Van Zeller** New edition A look at stories of LGBTQ+ people fleeing persecution in Uganda.

11.00 **Air Crash Investigation**
12.00 M'T **Mayday** Documentary.
1.00 AM **To Catch a Smuggler: Tropical Takedown**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters** Double bill.
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed**
1.00 PM **Holy Marvels with Dennis Quaid** As 11.00pm.
2.00 **The Great British Dig: History in Your Back Garden**
3.00 **The Abyss: Rise & Fall of the Nazis** Documentary.
5.00 **Storage Hunters**
6.00 **American Pickers**

9.00 Sitting Bull

7.00 **Forged in Fire** The bladesmiths harvest steel from motorcycles to forge blades in their own signature style.

8.00 **The Great British Dig: History in Your Back Garden** Hugh Dennis and the team try to solve a 17th-century mystery.

9.00 **Sitting Bull** New edition The most famous battle of the American West at Little Bighorn, when warrior Sitting Bull and war leader Crazy Horse faced George Armstrong Custer and the Seventh Cavalry.

11.00 **Holy Marvels with Dennis Quaid** New edition The stories behind lost sacred sites and the incredible endeavours by archaeologists to find them.
12.00 M'T **Haunted Hospitals**
12.55 AM **Mysteries Unearthed with Danny Trejo**
1.50 **Sitting Bull** As 9.00pm.
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Nuremberg: Nazis on Trial**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Nuremberg: Nazis on Trial**
6.00 **Antiques Roadshow** The second of two programmes from the Somme battlefields.

9.00 Tropic of Cancer

7.00 **Tropic of Capricorn** Simon Reeve continues his quest through Zimbabwe, Mozambique and Madagascar.

8.00 **Wilderness with Simon Reeve** Simon travels across the Kalahari desert before heading to the Okavango Delta.

9.00 **Tropic of Cancer with Simon Reeve** Simon travels through Laos and Vietnam, and concludes his trip in Hawaii.

10.00 **Bangers & Cash: Restoring Classics** The team take on a fast Ford to see if a 'quick flip' could make easy money.

11.00 **Bangers & Cash** A series of supercharged cars head to the Mathewson's auction room.
12.00 M'T **Find It, Fix It, Flog It** Items include a clay pigeon trap and a searchlight.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Tropic of Capricorn** As 7.00pm.

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Vintage Voltage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Shed and Buried: Classic Cars**
9.00 **Mike Brewer: Born Dealer** New edition Mike and his wife share a sneak peek into their lives at their dealership in Warwick.
10.00 **MotoGP Highlights**
11.00 **British Superbikes**
12.00 M'T **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Crime Stories**
12.00 NOON **Diabolical: Deadly Love**
1.00 PM **On the Case...**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **On the Case with Paula Zahn** New edition A waitress is attacked.
10.00 **The Detectives: My Killer Case**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Susan Casey.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A dance troupe boss steals thousands of pounds.
8.00 **Killers: Caught on Camera** An examination of how Martika Ferguson and Tiffiney Crawford were killed.
9.00 **Bloodline Detectives** How new methods in genetic genealogy allowed a woman's body to be identified. **10.00** The hunt for the killer of Lynette White.
11.00 **Britain's Countryside Killers** The tragic story of Sarah Williams.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** Double bill.
11.00 **Facing Evil**
12.00 NOON **Medical Detectives** Double bill.
1.00 PM **Medical Detectives**
2.00 **Cold Cases Reopened**
3.00 **The Truth About My Murder** Deborah Chong.
4.00 **Facing Evil**
5.00 **Medical Detectives** Police investigate two potentially related cases. **5.30** A college student is stabbed to death in her own apartment. **6.00** A look into how the wife of a reputable doctor went missing. **6.30** The story of someone apparently targeting members of law enforcement in Texas county.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Snapped**
12.00 NOON **Murdered at...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **What the Killer Did Next** Megan Newton.
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **How I Caught the Killer**
10.00 **Britain's Most Evil Killers**
11.00 **Killer in My Village**
12.00 M'T **Murder Uncut**
1.00 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped**
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Countdown to WWII**
9.10 **Edwardian Britain in...**
10.15 **Victorian Britain on...**
11.50 **Amerigo Vespucci: Forgotten Namesake...**
1.00 PM **Countdown to WWII**
2.20 **Edwardian Britain in...**
3.20 **Victorian Britain on...**
5.00 **Amerigo Vespucci: Forgotten Namesake...**
6.05 **Countdown to WWII**
7.15 **Edwardian Britain in Colour** Documentary.
8.15 **Victorian Britain on Film** Some of the first footage ever captured with the invention of the motion picture camera.
9.50 **Amerigo Vespucci: Forgotten Namesake of America** Investigating the truth behind Italian banker and explorer Amerigo Vespucci.
11.00 **Edwardian Britain in...**
12.00 M'T **Amerigo Vespucci: Forgotten Namesake...**
1.10 **to 2.00** AM **Grand Tours of the Scottish Islands**

MONDAY

Monday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Last Movie Stars**
7.05 **Discovering: Kevin Costner**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Shaq** As 6.55pm.
11.00 **The Jinx: The Life and Deaths of Robert Durst** As 8.00pm.
12.00 NOON **FILM Busby** A profile of legendary Manchester United manager Matt Busby. (2019, PG, 102min) ★★★
2.00 PM **The Lawman**
3.40 **My Icon: Rachel Yankey**
4.00 **Discovering: Kevin Costner**
5.00 **The Directors**
6.00 **The Eighties**
6.55 **Shaq** 1/4. Chronicling Shaquille O'Neal's ascent to stardom.
8.00 **The Jinx: The Life and Deaths of Robert Durst** 1/6. The story of the property tycoon.
9.00 **FILM Going Clear: Scientology and the Prison of Belief** Documentary. (2015, 15, 120min) ★★★★
11.20 **Pee-wee as Himself**
3.20 AM **Althea** Documentary.
5.00 **to 6.00** AM **Discovering: Kevin Costner**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Killer Town**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **NEW SERIES Laura Whitmore on Britain's Killer Teens**
10.00 **Cold Case UK**
11.00 **Killed Without A Trace**
12.00 M'T **Somebody's Hiding...**
1.00 AM **Laura Whitmore on Britain's Killer Teens**
2.00 **An Hour to Kill**
3.00 **Last Night Out** New edition
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1hour 256 333

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
6.00 **Inside the Ambulance** A young motorcyclist needs urgent medical treatment, and a baby's unusually high heart rate is causing concern. **7.00** Paramedics treat a man whose flat has filled up with toxic smoke, and an eight-year-old girl with an erratic heart rate. **8.00** A hospital patient is found wandering the streets, and a man suffers potentially life-threatening breathing difficulties. **9.00** Paramedics help a woman who had a suspected stroke, and a young boy raises the alarm after his mother collapses. **10.00** Gaz offers some much-needed support to a mother whose toddler is suffering convulsions. **11.00** A young man suffers a seizure, and a police officer is involved in a car accident.
12.00 M'T **Inside the Ambulance**
5.20 **to 6.00** AM **The Bill**

+1hour 266 376

Sky Nature

145 113/114 189 354 369

6.00 AM **Animal Empires**
7.00 **Monkey Life**
8.00 **Africa's Hidden Kingdoms**
9.00 **Living Beach**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Into the Wild: India**
1.00 PM **Monkey Life**
2.00 **Africa's Hidden Kingdoms**
3.00 **Living Beach**
4.00 **Dawn to Dusk**
5.00 **Into the Wild: Colombia**
6.00 **Into the Wild: India**
7.00 **Monkey Life** Double bill.
8.00 **Coral City** Supersize sea snails try to fend off a gang of coral-hungry starfish.
9.00 **Undiscovered Vistas** The pine forests and underwater caves of the Bahamas.
10.00 **Into the Wild: India**
11.00 **Into the Wild: Colombia**
12.00 M'T **Big Cat Country**
1.00 AM **Animal Empires**
2.00 **Coral City** As 8.00pm.
3.00 **Undiscovered Vistas**
4.00 **Africa's Hidden Kingdoms**
5.00 **to 6.00** AM **Living Beach**

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Wild, Smart and Deadly**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Critter Fixers: Country Vets**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Featuring the birth of a polar bear.
8.00 **Man vs Puma** Naturalist Boone Smith tracks down two pumas in Patagonia.
9.00 **World's Deadliest: Super Snakes** Deadly snakes with killer instincts, bites and skills.
10.00 **Lawless Island** Carl's quest to find food for his new fiancé Morgan comes to a thrilling end.
11.00 **Ice Road Rescue**
12.00 M'T **Wild, Smart and Deadly**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

ID

154 141 166

8.00 AM **The Killer in My Family**
9.00 **People Magazine Investigates**
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **True Conviction**
3.00 **American Monster**
4.00 **Disappeared**
5.00 **Diabolical: Deadly Love**
7.00 **Broken Trust** The story of how differences of opinion between two brothers led to embezzlement and violence. **8.00** When injury forces 67-year-old Signe Edwards off her ranch, she relied on acquaintances for help at home. After a robbery, she was forced to invest in home protection.
9.00 **Mean Girl Murders** Behind closed doors, envy, greed and lust take over a congregation.
10.00 **On the Case with Paula Zahn**
11.00 **Death by Fame**
12.00 M'T **The Curious Case of Natalia Grace: Natalia Speaks**
2.00 AM **Diabolical: Deadly Love**
4.00 **to 6.00** AM **Broken Trust**

+1hour 254 366

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries** The 1942 'Battle of Los Angeles'.
7.00 **Battle 360** The aircraft carrier USS *Enterprise*. **8.00** CGI reconstruction of the Battle of Midway.
9.00 **Gangland Chronicles** The rise and fall of Pablo Escobar's Medellin Cartel. **9.30** Organised crime syndicate Oakland Hells Angels.
10.00 **Secrets of the Hells Angels** A Hells Angel proves his loyalty to the gang by leading a mass slaughter of their enemies.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Discovery History

174 147 181 320 325

7.00 AM **Attack and Capture: The Story of U-Boat 505**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** The dangers of exploding stars.
8.00 **Attack and Capture: The Story of U-Boat 505** The story of the only German submarine captured by the US Navy during World War Two.
9.00 **Ancient Unexplained Files** New digital technology reveals the origins of two mysterious Egyptian mummies.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Scrapyard Dynasty**
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** As 1.00am.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Bad Chad Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop** Richard decides to compete at an NEC show.
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic Cars** A late 1980s Austin Mini.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.20 AM **Sky Cinema Preview**
6.50 **Into the Wonderwoods**
8.20 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
10.40 **One of Them Days** (2025)
12.25 PM **Amongst the Wolves**
2.10 **Night Call** As 12.20am.
3.55 **Restless** As 2.00am.
5.35 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
7.15 **Amongst the Wolves** Thriller. (2024, 15, 102min)

9.00 The Brutalist

Amongst the Wolves (film started at 7.15pm)

9.00 The Brutalist Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Night Call** French-Belgian thriller starring Jonathan Feltre and Romain Duris. Subtitled. (2024, 15, 97min) ★★★★
2.00 **Restless** Thriller with Lyndsey Marshal. (2024, 15, 89min) ★★
3.35 **The Prosecutor** Hong Kong action thriller starring Donnie Yen and Julian Cheung. Subtitled. (2024, 15, 117min)
5.35 **to 7.05** AM **Into the Wonderwoods** Animation. (2024, U, 81min) ★★★

Sky Cinema Gems

303 303 403 503 517

6.45 AM **Cleaner** Action thriller. (2025, 15, 97min) ★★★
8.25 **Split** M Night Shyamalan's thriller. (2016, 15, 117min) ★★★
10.25 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
12.10 PM **Meet Joe Black** Supernatural romantic drama. (1998, 12, 181min) ★★★★
3.10 **The Da Vinci Code** Thriller. (2006, 12, 149min) ★★★
5.40 **Angels & Demons** Thriller. (2009, 12, 138min) ★★

8.00 Mad Max: Fury Road

8.00 Mad Max: Fury Road Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 Tropic Thunder Spoof war movie co-written, directed by and starring Ben Stiller, co-starring Robert Downey Jr and Jack Black. (2008, 15, 107min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Warriors** Urban thriller. (1979, 15, 94min) ★★★
1.30 AM **Jules** Comedy drama. (2023, 12, 87min) ★★★
3.05 **Cloverfield** Offbeat disaster movie from JJ Abrams. (2007, 15, 81min) ★★★
4.35 **to 6.45** AM **The Book of Clarence** Biblical comedy. (2023, 15, 129min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.45 AM **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.55 **Widow Clicquot** Drama. (2023, 15, 90min) ★★★★
10.30 **P.S. I Love You** Comedy drama. (2007, 12, 121min) ★★★
12.40 PM **Funny Girl** As 5.25pm.
3.15 **Chicago** Oscar-winning screen version of the Broadway musical. (2002, 12, 112min) ★★★★

5.25 **Funny Girl** Musical biopic. (1968, U, 169min) ★★★★
8.00 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper, who also directed. A fading music star falls in love with a nightclub singer-songwriter. (2018, 15, 136min) ★★★★★
10.20 **The Great Escape** Classic PoW escape adventure about Allied prisoners planning a mass breakout from a Nazi prison camp. Stars Steve McQueen. (1963, PG, 166min) ★★★★★

1.25 AM **Rent** Screen version of the hit Broadway musical, starring Rosario Dawson and Adam Pascal. (2005, 12, 135min) ★★
3.50 **to 6.00** AM **The Three Musketeers: Milady** Swashbuckling adventure sequel. (2023, 12, 115min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.00 AM **Dorian Gray** As 1.40am.
8.05 **The Core** As 11.15pm.
10.35 **The Accursed** Horror thriller. (2022, 15, 90min) ★★
12.30 PM **Sick** Horror starring Gideon Adlon. (2022, 18, 83min) ★★★
2.10 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
4.05 **Insidious: Chapter 2** Supernatural thriller sequel. (2013, 15, 103min) ★★★

6.05 **The Woman in Black: Angel of Death** Horror chiller sequel. (2014, 15, 95min) ★★★
8.00 **King Kong** Peter Jackson's remake of the classic monster movie, starring Naomi Watts, Jack Black and Adrien Brody. A 1930s film crew travel to a mysterious, unexplored island and encounter the 'eighth wonder of the world' – a giant gorilla to whom the natives offer human sacrifices. (2005, 12, 187min) ★★★★

11.15 **The Core** Sci-fi action thriller. (2002, 12, 135min) ★★★
1.40 AM **Dorian Gray** Gothic horror drama. (2009, 15, 112min) ★★★
3.45 **Sick** As shown at 12.30pm.
5.20 **to 7.00** AM **Out of Darkness** Prehistoric horror starring Iola Evans. (2022, 15, 88min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **The Huntsman: Winter's War** As 3.50pm.
8.05 **Yogi Bear** As 9.50pm.
9.40 **Blithe Spirit** As 11.20pm.
11.35 **The Portable Door** Fantasy. (2023, PG, 130min) ★★★
1.45 PM **Save the Cinema** Drama. (2021, 12, 109min) ★★★
3.50 **The Huntsman: Winter's War** Fantasy adventure. (2016, 12, 114min) ★★★
6.00 **Peter Rabbit** Family comedy. (2018, PG, 95min) ★★★

6.00 Peter Rabbit

7.45 The Golden Compass Fantasy starring Nicole Kidman and Dakota Blue Richards. In a parallel universe, a rebellious young orphan travels to the Arctic on a quest to save a kidnapped friend. (2007, PG, 109min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 Yogi Bear Comedy mixing live-action and animation, featuring the voices of Dan Aykroyd and Justin Timberlake. (2010, U, 81min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.20 Blithe Spirit Comedy starring Isla Fisher and Dan Stevens. (2020, 12, 95min) ★★★
1.10 AM **Jackie Chan's The Tuxedo** Action comedy. (2002, 12, 98min) ★★
3.00 **Ella Enchanted** Comic fantasy starring Anne Hathaway. (2004, PG, 96min) ★★★
4.50 **to 6.50** AM **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. (2000, 12, 105min) ★★★

Sky Cinema Action

307 307 407 507 521

6.40 AM **The Accountant** Thriller. (2016, 15, 123min) ★★★
8.55 **Godzilla** As 10.15pm.
11.15 **Superman** Fantasy adventure. (1978, PG, 143min) ★★★★
1.50 PM **Spider-Man** Fantasy. (2002, 12, 121min) ★★★★
4.00 **Ghost Rider: Spirit of Vengeance** Action adventure sequel. (2012, 12, 91min) ★★
5.45 **Superman II** Fantasy sequel starring Christopher Reeve. (1980, PG, 127min) ★★★

8.00 Kraven the Hunter

8.00 Kraven the Hunter Fantasy adventure starring Aaron Taylor-Johnson. A conservationist's complex relationship with his ruthless father sets him on a path of vengeance. With Russell Crowe, Ariana Debose and Fred Hechinger. (2024, 15, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 Godzilla Hollywood remake of the Japanese monster movie, starring Matthew Broderick, Jean Reno and Maria Pitillo. (1998, PG, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **The Killer** Action thriller starring Nathalie Emmanuel. (2024, 15, 125min) ★★★★
2.45 **The Magnificent Seven** Classic Western starring Yul Brynner and Steve McQueen. (1960, PG, 138min) ★★★★★
5.00 **to 7.10** AM **The Green Hornet** Action comedy. (2011, 12, 118min) ★★★

Sky Cinema Comedy

308 308 408 508 522

7.20 AM **Sacramento** (2024) ★★★
9.05 **The Nutty Professor** Comedy. (1996, 12, 95min) ★★★
10.55 **Daddy's Home 2** (2017) ★★★
12.50 PM **School of Rock** Comedy. (2003, PG, 109min) ★★★★
2.40 **Beverly Hills Cop 3** Comedy thriller sequel. (1994, 15) ★★
4.25 **Beetlejuice Beetlejuice** Horror comedy sequel. (2024, 12, 105min) ★★★★
6.15 **Anyone But You** Comedy. (2023, 15, 103min) ★★★★

10.00 It's Complicated

8.00 Yesterday Comedy written by Richard Curtis, directed by Danny Boyle and starring Himesh Patel. A musician wakes up after being hit by a bus to find he is the only person in the world who remembers The Beatles. (2019, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 It's Complicated Romantic comedy with Meryl Streep, Steve Martin and Alec Baldwin. (2009, 15, 115min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Sixteen Candles** John Hughes' teen comedy. (1984, 12, 89min) ★★★
1.40 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
3.20 **HouseSitter** Romantic comedy starring Steve Martin. (1992, PG, 102min) ★★★
5.05 **to 6.40** AM **My Big Fat Greek Wedding 2** Romantic comedy sequel starring Nia Vardalos. (2016, 12, 94min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.50 AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★
8.55 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
11.45 **Now You See Me** Thriller. (2013, 12, 115min) ★★★
1.45 PM **Ocean's Eleven** Caper thriller with George Clooney. (2001, 12, 116min) ★★★★
3.55 **Caddo Lake** Mystery thriller. (2024, 12, 99min) ★★★
5.50 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★

5.50 Nightcrawler

8.00 Ocean's Twelve Caper thriller sequel starring George Clooney, Brad Pitt and Matt Damon. Danny Ocean and his gang find themselves competing with an enigmatic French criminal when they attempt to steal $160million in Europe. (2004, 12, 125min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

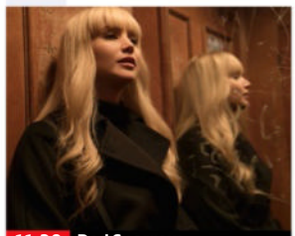
10.15 Lawless Prohibition-era crime drama starring Shia LaBeouf and Tom Hardy. Three brothers run a profitable moonshine business in 1930s Virginia until the appointment of a corrupt deputy. (2012, 18, 111min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Law Abiding Citizen** Thriller starring Jamie Foxx. (2009, 18, 109min) ★★
2.20 **Desperation Road** Thriller. (2023, 18, 112min) ★★★★
4.20 **to 6.00** AM **Parallel** Fantasy. (2024, 15, 88min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **Gideon of Scotland Yard** Drama starring Jack Hawkins. (1958, PG, 91min) ★★
1.00 PM **Far from the Madding Crowd** Romantic drama. (1967, U, 156min) ★★★
4.25 **Nicholas Nickleby** Charles Dickens adaptation. (1947, b/w, U, 103min) ★★★★
6.45 **Charlie's Angels** Comedy thriller starring Kristen Stewart. (2019, 12, 118min) ★★



11.20 Red Sparrow

Charlie's Angels (film started at 6.45pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

8 PM

9.00 S.W.A.T. Action thriller starring Samuel L Jackson and Colin Farrell. The members of an elite LAPD SWAT team are in the firing line when a billionaire drug lord offers $100million to anyone who can spring him from police custody. (2003, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9 PM

10 PM

11.20 Red Sparrow Spy thriller starring Jennifer Lawrence. A ballerina is recruited to a Russian intelligence service, where she is forced to use her body as a weapon. (2018, 15, 134min) ★★★
2.05 **to 3.55** AM **Songbird** Sci-fi thriller starring KJ Apa. (2020, 15, 84min) ★★★

11 PM

+1hour 314 430 47 301 257

Sky Cinema 00s

302 302 402 502 516

6.00 AM **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
7.50 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
9.45 **Dreamgirls** Musical drama. (2006, 12, 130min) ★★★★
12.00 NOON **Vanilla Sky** Fantasy drama. (2001, 15, 136min) ★★★
2.20 PM **Alfie** Comedy drama remake. (2004, 15, 106min) ★★★
4.10 **Mean Girls** Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
6.05 **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★
8.00 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
10.00 **Chicago** Screen version of the hit Broadway musical, starring Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★
12.00 M'T **Hollow Man** Director Paul Verhoeven's sci-fi thriller starring Elisabeth Shue. (2000, 18, 113min) ★★★
2.00 AM **Law Abiding Citizen** Thriller starring Jamie Foxx. (2009, 18, 109min) ★★
4.00 **to 6.00** AM **Alfie** As 2.20pm.

Sky Cinema Greats

304 304 404 504 518

6.10 AM **The Taming of the Shrew**
8.20 **Hatari!** Adventure starring John Wayne. (1962, U, 157min) ★★
11.00 **Weird Science Weird Science** Teen comedy with Kelly LeBrock. (1985, 12, 94min) ★★★
12.35 PM **Dumb and Dumber** Comedy. (1994, 12, 107min) ★★★
2.25 **Planes, Trains and Automobiles** Comedy. (1987, 15, 92min) ★★★★★
4.00 **The Taming of the Shrew** Director Franco Zeffirelli's screen version of Shakespeare's play. (1967, U, 126min) ★★★★
6.05 **Alfie** Vintage comedy drama starring Michael Caine. (1966, 15, 114min) ★★★★
8.00 **Singin' in the Rain** Musical starring Gene Kelly, Donald O'Connor and Debbie Reynolds. (1952, U, 102min) ★★★★★
9.45 **Brewster's Millions** Comedy starring Richard Pryor and John Candy. (1985, PG, 97min) ★★★
11.30 **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
1.25 AM **Twins** Action comedy. (1988, PG, 107min) ★★★
3.15 **Sky Cinema Preview**
4.00 **to 6.40** AM **Scent of a Woman** Coming-of-age drama with Al Pacino. (1992, 15, 157min) ★★

Sky Cinema Animation

305 305 412 500 514

6.00 AM **Little Vampire** Animation. (2020, PG, 85min) ★★★
7.30 **Scooby-Doo! The Sword and the Scoob** Animated adventure. (2021, PG, 76min) ★★★
8.55 **Antz** Animated comedy. (1998, PG, 83min) ★★★
10.35 **Monster House** Animation. (2006, PG, 91min) ★★★★
12.15 PM **Transformers One** Animation. (2024, PG) ★★★★
2.10 **The Lego Ninjago Movie** Animated family adventure. (2017, U, 101min) ★★
4.00 **Migration** Animated comedy. (2023, U, 83min) ★★★
5.35 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
7.25 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.15 **Sinbad: Legend of the Seven Seas** Animated adventure. (2003, U, 85min) ★★★★
10.45 **Batman Unlimited: Animal Instincts** (2015, PG) ★★
12.10 AM **The Rugrats Movie** Animation. (1998, U) ★★★
1.40 **The Wild Thornberrys Movie** Animation (2002, U) ★★★★
3.10 **Batman: Return of the Caped Crusaders** (2016, PG) ★★★★
4.35 **to 6.05** AM **Over the Hedge** Animation. (2006, U) ★★★★

Movies 24

312 313 419

7.00 AM **The Best Version of Love** Comedy. (2023, PG, 86min) ★★
9.00 **Spring Breakthrough** Drama. (2023, PG, 90min) ★★
11.00 **A Harvest Homecoming** Drama. (2023, PG, 85min) ★★
1.00 PM **The Wedding Cottage** Romantic comedy drama. (2023, PG, 84min) ★★
3.00 **Love's Fast Lane** Romantic drama. (2023, PG, 90min) ★★
5.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
7.00 **Luckless in Love** Romantic comedy starring Paniz Zade. (2023, PG, 86min) ★★
9.00 **A Priceless Love** Romantic drama starring Erin Agostino. A shopkeeper is approached by a broker determined to buy a valuable teapot which she plans to return to the owner. (2022, PG, 85min) ★★
11.00 **Two Tickets to Paradise** Drama. (2022, PG, 84min) ★★
1.00 AM **The Reluctant Royal** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **Signed, Sealed, Delivered: To the Moon and Back** Mystery. (2025, PG) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Johnny Ringo** 8/38. (S1)
6.30 **Look at Life**
6.45 **Two on the Tiles** Comedy. (1951, b/w, PG, 68min) ★★★
8.15 **Look at Life**
8.30 **Out of Town**
9.00 **Dangerous Mission** Western. (1935, b/w, PG, 57min) ★★★
10.05 **Now Barabbas Was a Robber** Drama. (1949, b/w, PG) ★★★
11.45 **Glimpses**
12.00 NOON **Dixon of Dock Green**
12.40 PM **The Sea Shall Not Have Them** Drama. (1954, b/w, U) ★★
2.30 **Film Garden Party**
2.35 **Doctor in the House** Comedy. (1954, U, 91min) ★★★
4.25 **The Beverly Hillbillies** (S2)
4.55 **Scotland Yard** 30/39.
5.30 **Bonanza** 31/32. (S1)
6.30 **The Vise** 10/39. (S1)
7.00 **The Footage Detectives**
8.00 **Public Eye** 11/13. (S7)
9.05 **The First of the Few** Biopic. (1942, b/w, U, 114min) ★★★★
11.25 **The Day of the Triffids** Sci-fi thriller. (1962, 12, 95min) ★★
1.25 AM **Richard's Things** (1981) ★★
3.25 **Life in Emergency Ward 10** Drama. (1959, b/w, U) ★★
5.10 **Look at Life**
5.25 **to 6.00** AM **The Life and Legend of Wyatt Earp**

Monday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk** Reports on the afternoon's main sports stories.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Sports Centre** A round-up of the day's main sports news with analysis and comments, plus extended interviews with sporting figures currently in the headlines.
9.00 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE WTA Tennis** Coverage of day one of the Guadalajara Open, a WTA 500 hard-court tournament at Panamerican Tennis Center in Mexico. While the top four seeds will not enter the competition until the second round, the players seeded five to eight will be involved at this stage, and will hope to avoid a similar fate to last year's eighth seed Caroline Dolehide, who was eliminated by Martina Trevisan in straight sets.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years** A back at the 2023/24 season.
3.00 **PL Retro** Manchester City v Manchester United from 2018.
5.00 **The Premier League Show**
7.00 **The Big Interview** Tottenham Hotspur's Micky van de Ven.
7.30 **Premier League Stories** A look behind the scenes of the top flight.
8.00 **Gary Neville's Soccerbox** With guest Alan Shearer.
8.30 With Teddy Sheringham.
9.00 **Champions Show: Liverpool** A look back at Liverpool's title-winning 2024/25 campaign.
10.00 **Transfer 360** A look at the inside story of why Duncan Ferguson left Everton for Newcastle United.
10.30 **Sticker Book** Ollie Watkins.
10.45 James Maddison.
11.00 **Premier League Years** A look back at the 2023/24 season.
1.00 AM **PL Retro** Manchester United v Manchester City from 2011.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Retro** The 2020 final.
11.00 **EFL Cup Highlights**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Cup Highlights**
1.00 PM **Best Goals: EFL Cup 24/25**
1.30 **EFL Trophy Football**
2.00 **WSL** Chelsea v Manchester City.
2.30 **SWPL** Celtic v Rangers.
3.00 **WSL** Liverpool v Everton.
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **SWPL** Celtic v Rangers.
5.00 **EFL Highlights**
5.30 **EFL League One Goals**
6.00 **EFL League Two Goals**
6.30 **EFL Highlights** Action from recent Championship matches.
7.30 **WSL** Chelsea v Manchester City.
8.00 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
8.30 **WSL** Liverpool v Everton.
9.00 **EFL League One Goals**
9.30 **EFL League Two Goals**
10.00 **EFL Highlights** Action from recent Championship matches.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2014/15 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
7.00 **Best of England v South Africa**
8.00 **One-Day International Cricket**
9.00 **Best of England v South Africa**
10.00 **T20 Blast Cricket** A replay of Somerset v Birmingham Bears in the quarter-final staged at Somerset County Cricket Club.
1.30 PM **Best of England v South Africa** A Test match from 2012.
1.45 A 2011 World Cup game.
2.00 **One-Day International Cricket** England v South Africa in the third ODI in the three-match series.
3.00 England v South Africa in the first one-dayer in the series.
4.00 England v South Africa in the second ODI from the Rose Bowl.
5.00 England v South Africa in the third ODI in the three-game series.
6.00 **T20 Blast Cricket** A replay of Somerset v Birmingham Bears.
9.30 **Best of England v South Africa**
10.00 **One-Day International Cricket** All three matches between England and South Africa.
1.00 AM **Best of England v South Africa** Action from the archives.
2.00 **Vitality T20 Blast Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **DP World Tour Golf** Replay of day four of the Irish Open.
11.00 **Ladies European Tour Golf** Replay of the third and final day of the Houston Championship.
2.00 PM **Walker Cup Golf** Replay of the second session of day two.
5.00 **My Ryder Cup** Player memories.
6.00 **Countdown to the Ryder Cup**
6.30 **DP World Tour Golf** Irish Open.
7.00 **Tales from the Ryder Cup**
8.00 **Walker Cup Golf** Replay of the second session of day two at Cypress Point Club in California.
11.00 **Legends Tour Golf**
12.00 M'T **DP World Tour Golf**
12.30 AM **Tour Golf Highlights**
1.00 **Legends Tour Golf**
2.00 **to 6.00** AM **DP World Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **US Open Tennis** Men's final.
8.00 **US Open Tennis** The semi-finals and final of the mixed doubles .
10.00 **US Open Tennis** Women's final.
11.00 Highlights of day 15.
11.30 Men's final in New York.
1.30 PM Mixed doubles final.
2.30 **US Open Tennis** Day 15 action.
3.00 The women's final.
4.00 Highlights of the men's final.
5.00 **LIVE WTA Tennis** Coverage of day one of the Sao Paulo Open at Parque Villa-Lobos in Brazil.
9.00 **LIVE WTA Tennis** Coverage of ongoing events on the WTA Tour.
1.30 AM **LIVE WTA Tennis** Coverage of the opening day's play of the Guadalajara Open, a hard-court tournament staged at Panamerican Tennis Center.
5.00 **Bitesize Tennis** Highlights.
5.30 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **UEFA Champions League – Stories of the Finals**
6.30 **UEFA Champions League Road to Glory** Man Utd 1999.
8.30 **Champions League Magazine**
9.00 **Cycling** Highlights of recent races.
11.00 **UCI Mountain Bike World Championship** In Switzerland.
12.00 NOON **Onboard** Highlights.
12.30 PM **MLB Plays of the Week**
1.00 **MLB Highlights**
2.00 **Playing for Our Future**
3.15 **UEFA Champions League – Stories of the Finals**
3.30 **Champions League Magazine**
4.00 **Premier League Stories**
4.30 **Premier League: Big Interview**
5.00 **British Superbikes**
6.30 **Superbike World Championship**
7.30 **LIVE British Speedway** A play-off semi-final first-leg.
10.00 **MotoGP** Grand Prix of Catalonia.
11.00 **MotoGP Chequered Flag**
12.00 M'T **The Gruppetto**
12.15 AM **Under the Lights**
12.30 **Hard Knocks** NFL insight.
1.30 **MLB Highlights**
2.30 **LIVE MLB San Francisco Giants v Arizona Diamondbacks.**
5.45 **to 6.00** AM **UEFA Champions League – Stories of the Finals**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Races staged during the Grand Prix of Catalonia.
9.30 **MotoGP Chequered Flag**
10.30 **British Superbikes** Eighth round of the season at Donington Park.
12.00 NOON **Superbike World Championship** From Circuit de Nevers Magny-Cours in France.
1.30 PM **Motocross World Championship** At Afyonkarahisar Motor Sports Center in Türkiye.
4.30 **IEPF World Championships Shootout** Featuring highlights from the pool tournament.
6.00 **LIVE Ultimate Pool** Coverage of Group 14 of the Pairs Cup.
9.30 **Hard Knocks** Behind the scenes of the Buffalo Bills' training camp ahead of the NFL season.
10.30 **Ref: Stories from the Weekend**
11.30 **UEFA Champions League Magazine** News and updates from the club football competition.
12.00 M'T **The WRC Magazine**
12.30 AM **LIVE CPL Guyana Amazon Warriors v St Kitts & Nevis Patriots.** The T20 match at Providence Stadium in Guyana.
4.45 **FIA World Endurance Championship Highlights**
5.45 **to 6.00** AM **Under the Lights**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
7.00 **The Rugby Championship** Replay of Australia v Argentina.
9.00 **The Rugby Championship** New Zealand v South Africa.
11.00 **Premier League Darts** Another chance to see night eight of the tournament at Newcastle Arena.
3.00 PM **The Rugby Championship** Another chance to see Australia v Argentina staged at North Queensland Stadium in Townsville.
5.00 **The Rugby Championship** Replay of New Zealand v South Africa at Eden Park in Auckland.
7.00 **Rugby League Retro** Another chance to see Leigh Centurions v Wigan Warriors from 2017.
9.00 **Premier League Darts** Another chance to see night eight of the tournament staged at the Newcastle Arena with a format featuring quarter-finals, semi-finals and a final all in one night.
1.00 AM **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
2.00 **to 6.00** AM **The Rugby Championship**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports Catch Up**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 **LIVE WTA Tennis** Coverage of day one of the Sao Paulo Open, a WTA 250 hard-court tournament staged at Parque Villa-Lobos in Brazil. This is the first-ever staging of this competition, and the first time Brazil has played host to a WTA-level event since 2016, when the Rio Open took place.
9.00 **LIVE WTA Tennis** Coverage of ongoing events from the WTA Tour, including the Guadalajara Open and the Sao Paulo Open.
1.30 AM **LIVE WTA Tennis** Day one of the Guadalajara Open, a WTA 500 hard-court tournament at Panamerican Tennis Center in Mexico. While the top four seeds will not enter until the second round, the players seeded five to eight will be involved at this stage, and will hope to avoid a similar fate to last year's eighth seed Caroline Dolehide, who was beaten by Martina Trevisan.
3.00 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Formula 1** The Italian Grand Prix.
8.00 **One-Day International Cricket**
9.00 **US Open Tennis** Highlights.
1.00 PM **Formula 1** Italian Grand Prix.
2.00 **PL Greatest Games**
3.00 **One-Day International Cricket**
5.00 **Ladies European Tour Golf** The Houston Championship.
8.00 **US Open Tennis** Highlights.
10.00 **Formula 1** The Italian Grand Prix.
11.00 **Tour Golf Highlights**
11.30 **DP World Tour Golf** Irish Open.
12.00 M'T **PL Greatest Games**
1.00 AM **30 Years of the PDC World Champs** Darts documentary.
1.30 **The Taylor Years**
2.00 **The Greatest Final 2007**
2.30 **John Part's Journey 2001-08**
3.00 **EFL Greatest Games**
4.00 **to 6.00** AM **DP World Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **AFL** Second qualifying final.
7.30 Second elimination final.
9.00 The first qualifying final.
10.30 The first elimination final.
12.00 NOON **Champions League – Classics** Archive highlights.
3.00 PM **UCI Mountain Bike World Championship** From Switzerland.
4.00 **WNBA** Highlights of Connecticut Sun v Phoenix Mercury.
5.00 **MLB Highlights** Baseball.
6.00 **FIA World Endurance Championship Highlights** The Lone Star Le Mans in Austin.
7.00 **The WRC Magazine**
7.30 **Marathons** The Great North Run.
8.30 **Playing for Our Future: Cycling**
8.45 **The Gruppetto** Cycling action.
9.00 **Fishing: On the Bank**
10.00 **IFSC Climbing World Cup** Action from Koper, Slovenia.
11.00 **NWSL** Recent action.
1.00 AM **WNBA** Match highlights.
2.00 **Superbike World Championship**
3.00 **to 6.00** AM **Motocross**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premiership Rugby** Action from the 2024/25 season.
2.00 PM **Cycling** Action from stage 15 of the Vuelta a España race.
3.00 **Onboard** Featuring a look at the Ocean Race Europe.
3.30 **AFL** Another chance to see the second qualifying final.
5.00 Another chance to see the second elimination final.
6.30 First qualifying final replay.
8.00 Another chance to see the first elimination final.
9.30 **Meatball Molly** Telling the story of UFC star Molly McCann.
10.45 **UFC** A replay of Nassourdine Imavov v Caio Borralho staged at Accor Arena in Paris, France.
1.45 AM **UFC Reloaded** Yoel Romero v Luke Rockhold from UFC 221.
4.15 **UFC Connected**
4.45 **UFC Fight Flashback**
5.15 **The Pioneers** Double bill.
5.45 **to 6.00** AM **Playing for Our Future – Football**

Premier Sports 1

419 551

6.00 AM **Euro Le Mans Highlights**
7.00 **Michelin Le Mans Cup**
7.30 **Scottish Rally Championship**
8.00 **Eredivisie Highlights**
9.00 **World Surf League**
10.00 **Transworld Sport** Magazine.
11.00 **LaLiga Specials**
12.00 **Scottish Football Social Club**
1.00 PM **Euro Le Mans Highlights**
2.00 **Eredivisie Highlights**
3.00 **Sporting Countdowns**
4.00 **Transworld Sport** Magazine.
5.00 **LaLiga Match Highlights**
6.30 **Euro Le Mans Highlights**
7.30 **Michelin Le Mans Cup**
8.00 **World Surf League**
9.00 **LaLiga Specials**
10.00 **Eredivisie Highlights**
11.00 **Sporting Countdowns**
12.00 M'T **MotorSport**
1.00 AM **Euro Le Mans Highlights**
2.00 **Sporting Greats**
3.00 **World Surf League**
4.00 **Eredivisie Highlights**
5.00 **to 6.00** AM **Transworld Sport**

Premier Sports 2

420 552

6.00 AM **NASCAR** Highlights.
10.00 **Bike World** Magazine.
10.30 **FastZone** Motorsports.
11.00 **Top 14 Rugby Union** A match from the French top flight.
1.00 PM **Top 14 Rugby Union** Further action from France.
3.00 **CONMEBOL World Cup Qualifiers** Argentina v Venezuela.
5.00 **CONMEBOL World Cup Qualifiers** Brazil v Chile.
7.00 **LaLiga** Another chance to see Real Betis v Athletic Bilbao.
9.00 **LaLiga** Another chance to see Rayo Vallecano v Barcelona.
11.00 **Temples of Sport** Iconic sporting venues from around the globe.
11.30 **Football's Greatest** The finest players discuss their careers.
12.00 M'T **Top 14 Rugby Union**
2.00 AM **Bike World** Magazine.
2.30 **Temples of Sport**
3.00 **LaLiga** Another chance to see Real Oviedo v Real Sociedad.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Italian Grand Prix.
10.30 **Adrian Newey IV**
10.45 **Brad Pitt Drives a McLaren**
11.00 **Graham Hill: World Champion**
11.30 **Formula 1** The first two Italian Grand Prix practice sessions.
2.00 PM **The F1 Show**
3.00 **Formula 1** A replay of the Italian Grand Prix third practice session.
4.15 **Alonso and Bortoleto IV**
4.30 **Formula 1** A replay of the Italian Grand Prix qualifying session.
6.30 **Ted's Notebook**
7.00 **Formula 1** A chance to see the Italian Grand Prix in Monza.
9.15 **Ted's Notebook**
9.45 **Oscar Piastri & Martin Brundle**
9.55 **Kimi Antonelli on his Roots**
10.00 **Formula 1** The Italian Grand Prix.
11.00 **Ted's Notebook**
11.30 **GT World Challenge Europe**
1.30 AM **Nico Rosberg on Teammates**
1.40 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Tuesday

9 September

Evening Planner

Football

Serbia v England

ITV1, kick-off 7.45pm

Thomas Tuchel's England travel to Belgrade for what could be a testing World Cup qualifier against Serbia.

Reality

Stacey & Joe

BBC1, 8pm

Stacey Solomon and Joe Swash invite cameras back to Pickle Cottage for another glimpse into their family life.

Cookery

The Great British Bake Off

C4, 8pm

It's Biscuit Week in the tent, and the bakers are tasked with making chocolate hobnobs in the Technical challenge.

OnDemand

Disney+

Only Murders in the Building

Available today

Selena Gomez, Martin Short and Steve Martin have a new murder case to crack.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 Stacey & Joe		9.00 The Great British Sewing Bee		10.00 News; Local News	10.40 Billion... †
	102 BBC2	7.00 The Hairy Bikers Go West		8.00 Digging for Britain		9.00 QI XL	9.45 Live at the Apollo		10.30 Newsnight
	103 ITV1	7.00 Football: European Qualifier – Live: Serbia v England (Kick-off 7.45)						10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off			9.30 The Inheritance		10.30 Gogglebox
	105 5	7.00 Supermarket Own Brands: Which...		8.00 The Yorkshire Vet		9.00 Casualty 24/7: Every Second Counts		10.00 999: Critical Condition	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Joe Lycett's United States of...		9.00 Never Mind the Buzzcocks			10.30 Resident Alien
ENTERTAINMENT	115 BBC3	7.00 Horrible...	7.30 International Football – Live: Wales v Canada (Kick-off 7.45)					10.00 Thailand: The Dark Side of Paradise	
	116 BBC4	7.00 Planet Earth		8.00 The Good Life	8.30 Yes, Minister	9.00 Rikki		10.00 Scotch & Wry	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Sam and Billie: Sister Act		10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Emergency Ward		10.00 24 Hours in A&E	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.00 First Dates	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 The Rookie		10.00 FBI: Most Wanted	
	108 SKY ATLANTIC	‹ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 Gomorrah			
	110 U&GOLD	7.00 Dad's Army	7.35 Porridge		8.20 Blackadder the Third		9.40 The Office		
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 Have I Got a Bit More News for You		10.00 Dave Gorman: Modern Life Is Goodish	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Endeavour				10.00 Law & Order: UK	
	120 ITV4	‹ 6.55 The Motorbike Show		8.00 World Superbike Highlights		9.00 Film: Lethal Weapon 4			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Austin Powers: International Man of Mystery			
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 The Walking Dead	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Joe Lycett's United States of...		9.00 From		10.05 Resident Alien	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise				10.00 Mudtown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Stories from Tate Britain		9.00 Stories from the National Portrait...		10.00 My Week with Lubaina Himid	
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance		9.10 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Mega Shippers		9.00 Deadliest Catch		10.00 Gold Divers	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of the Glades		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Hitler's Death Army: Das Reich				10.00 Hitler's Secret Underground Factory	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Bone Detectives		9.00 History's Most Shocking		10.00 History's Greatest Mysteries	
	155 U&YESTERDAY	7.00 Tropic of Capricorn		8.00 Flipping Bangers		9.00 Bangers & Cash		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Shaq		8.00 The Jinx: The Life and Deaths of...		9.00 I Am Burt Reynolds			
FILMS – Sky Cinema	301 PREMIERE		7.20 One of Them Days			9.00 The Brutalist			
	302 00s	‹ 6.05 Tropic Thunder		8.00 Superbad				10.00 The Hangover	
	303 GEMS	‹ 5.55 Crazy Rich Asians		8.00 Vanilla Sky					10.20 Hannibal
	304 GREATS	‹ 5.50 A League of Their Own		8.00 Meet Joe Black					
	305 ANIMATION		7.20 Bon Voyage, Charlie Brown			8.45 Shrek			10.20 Barnyard
	306 FAMILY	‹ 6.00 Peter Rabbit 2: The...	7.40 Snow White and the Huntsman				9.50 Ghostbusters: Frozen Empire		
	307 ACTION	‹ 5.50 Superman III		8.00 Bad Boys: Ride or Die				10.00 Troy	
	308 COMEDY	‹ 5.55 Parenthood		8.00 Mamma Mia!			9.50 Mamma Mia! Here We Go Again		
	309 THRILLER	‹ 5.55 Promising Young Woman		8.00 Ocean's Thirteen				10.10 Desperation Road	
	310 DRAMA	‹ 6.00 Grease		8.00 Grease 2				10.05 The King's Speech	
	311 SCI-FI	‹ 5.55 Sinister		8.00 Passengers				10.05 Halloween	
	313 FILM4	‹ 6.30 Jumanji: Welcome to the Jungle				9.00 The Killing Fields			
SPORT	401 MAIN EVENT	7.00 Gillette Labs Soccer Special		8.00 Tennis – Live: Coverage from the WTA and/or ATP Tours					
	402 PREMIER LEAGUE	7.00 Match Officials...	7.30 Transfer 360	8.00 Gary Neville's Soccerbox		9.00 MND End of Season Awards 2024/25		10.00 Transfer 360	10.30 Unpacked
	403 FOOTBALL	7.00 WSL	7.30 SWPL	8.00 EFL Goals		9.00 EFL Highlights			
	405 CRICKET	7.00 One-Day International Cricket				9.00 Vitality T20 Blast Cricket			
	410 TNT SPORTS 1	7.00 British Superbikes Highlights		8.00 Superbike...	8.30 British Speedway		9.30 Hard Knocks		10.30 MLB Highlights
	411 TNT SPORTS 2	7.00 European Rally...	7.30 Porsche Supercup		8.30 FIA World Endurance Championship...		9.30 The WRC...	10.00 MotoGP	

‹ Denotes programmes starting before 7.00pm † Regions vary

TUESDAY

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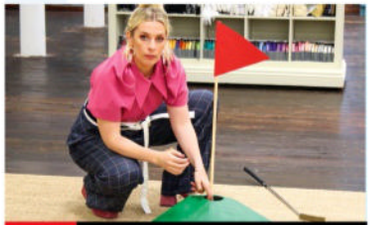
Tuesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Cambridgeshire, Lincolnshire and East Sussex. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** A trip to Northumberland. (S)(R)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition A widow sells her jewellery to fund a holiday. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)



9.00 **The Great British Sewing Bee**

7 PM
7.00 **The One Show** Alex Jones and Lauren Laverne present the topical show. (S)
7.30 **EastEnders** Jack comes up with a plan, Nigel and Phil go on a day trip to the countryside, while Callum gets a shock. (S)(AD)

8 PM
8.00 **NEW SERIES Stacey & Joe** 1/6. Return of the fly-on-the-wall documentary following the daily lives of Stacey Solomon, Joe Swash and their children. Belle starts nursery, Joe digs a fishing lake, and Stacey plots a birthday twist. (S)(AD)

9 PM
9.00 **The Great British Sewing Bee** New edition 9/10. The semi-finalists take on three 1920s-inspired challenges, recreating the era's plus fours, transforming polo shirts into modern garments and making party clothes. (S)(AD)

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **Billion Dollar Playground** 7/8. Temperatures rise on a women's holiday as a heatwave hits. The team must keep their cool at their Sydney Harbour-side mansion to deliver a luxury stay. (S)(R)(AD)
11.25 **Billion Dollar Playground** 8/8. Backstage drama is kicking off at the holiday mansion. A team reshuffle looms, and some familiar faces might be checking out for good. (S)(R)(AD)
12.10 AM **Stranded on Honeymoon Island** 3/12. A mysterious crate drifts ashore to help the couples get better acquainted. (S)(R)(AD)
1.10 **Weather for the Week Ahead** (S)
1.15 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.45 AM **Clean It, Fix It** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: The Repair Shop** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Cornwall: This Fishing Life** Restrictions begin to ease after the COVID-19 lockdown. (S)(R)(AD)
5.15 **Flog It!** Paul Martin presents from Newby Hall, North Yorkshire. (S)(R)
6.00 **Richard Osman's House of Games** Sian Gibson, Jean Johansson, Iain Stirling and Rav Wilding test their trivia skills. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo travels from Morfa Harlech to Aberdaron. (S)(R)(AD)

9.00 **QI XL**

7.00 **The Hairy Bikers Go West** Dave Myers and Simon King explore the region around the River Severn, an area famous for its fusion of flavours and meet locals with their own special recipes, such as a Mexican fusion menu. (S)(R)(AD)

8.00 **Digging for Britain** Alice Roberts examines a Dutch ship sunk by the English, a Cornish Roman fort and a 5,000-year-old Neolithic monument. (S)(R)(AD)

9.00 **QI XL** Sandi Toksvig talks about rocks, rolls, and rock 'n' roll, with Bill Bailey, Katy Brand, Eshaan Akbar and Alan Davies. (S)(R)
9.45 **Live at the Apollo** Angela Barnes hosts the stand-up show, introducing Tim Renkow and Sarah Keyworth to the stage at London's Hammersmith Apollo. (S)(R)
10.30 **Newsnight** (S)
11.00 **Saving Lives at Sea** In Portaferry, Northern Ireland, the crew search for two kayakers. (S)(R)(AD)
12.00 M'T **FILM Clemency** Drama starring Alfre Woodard and Richard Schiff. A prison warden grapples with emotions as she strikes up a bond with a death-row inmate. (S) (2019, 15, 105min) ★★★★
1.45 AM **Sign Zone: Stranded on Honeymoon Island** (S)(R)(AD)
2.45 **Sign Zone: MasterChef** (S)(R)(AD)
3.45 **to 6.30** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson is in Bradford, helping sellers to get the real deal for their antiques and valuables, which include an aquamarine and diamond ring. (S)(R)(AD)
3.00 **Tenable** Quiz show hosted by Warwick Davis. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.00 **Football: European Qualifier**

7.00 **LIVE Football: European Qualifier** Serbia v England: Mark Pougatch presents all the action from the FIFA World Cup Group K match at Rajko Mitic Stadium. The teams last met in the group stage of UEFA Euro 2024, when Jude Bellingham scored the only goal of the game to give England victory. Another tough match for the Three Lions is anticipated, with their cause not helped by Bellingham's absence due to injury. With analysis from Roy Keane and Ian Wright, and commentary by Sam Matterface and Lee Dixon. Kick-off is at 7.45. *See feature, page 28.* (S)

10.00 **ITV News** (S)
10.35 **Local News** (S)
10.45 **Stonehouse** 1/3. Fact-based drama about Labour MP John Stonehouse, who hatched an outlandish plan to escape his troubles. Stars Matthew Macfadyen and Keeley Hawes. (S1) (S)(R)(AD)
11.50 **The Jonathan Ross Show: Special Guests** Memorable moments from interviews with Madonna, Jennifer Hudson, Liam Gallagher, Lily Allen, Frank Skinner and Johannes Radebe. (S)(R)
12.15 AM **Teleshopping**
3.00 **Martin Clunes' Islands of the Atlantic** (S)(SL)(R)(AD)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **You Bet! on Tour** (R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 | 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)(AD)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 9-12/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** In Georgetown, Texas. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition Paul and Yip must scale new heights to save an important part of La Buslière. (S)
5.00 **Chateau DIY** Emma and Paul start work on an al fresco bar and dining area. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** American-born Julie and Briton Vinny search for a home on Spain's Costa Blanca. (S)(R)

8.00 **The Great British Bake Off**

7.00 **News** (S)

8.00 **The Great British Bake Off** New edition 2/10. Biscuit Week arrives for the bakers as they take on a 'slice and bake' signature, go hob-nobbing in the technical and make mementos out of biscuit in the showstopper. (S)(AD)
■ *The Great British Bake Off: An Extra Slice* is on Friday at 8pm
9.30 **The Inheritance** New edition 6/12. The players must find and restore some of the Deceased's prized possessions. With another cut looming, every decision grows heavier and every misstep more dangerous, while the prime beneficiary is given more power than ever before. (S)(AD)
10.30 **Gogglebox** The armchair critics appraise *Squid Game: The Challenge*, *Strictly Come Dancing* and *Planet Earth III*. (S)(R)(AD)
11.35 **Gogglebox** (S)(SL)(R)(AD)
12.30 AM **Love Cheats** (S)(SL)(R)(AD)
1.25 **Ramsay's Kitchen Nightmares USA** From New Jersey. (S)(SL)(R)
2.15 **FILM The Old Man & the Gun** Fact-based crime drama starring Robert Redford. (S)(SL)(AD) (2018, 12, 90min) ★★★★
3.45 **Find It, Fix It, Flog It** (S)(R)
4.05 **Location, Location, Location** (R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **The Sunshine Murders** New episode *Killer Cuisine:* Helen and Shirley investigate a British TV chef's death. (S)
3.55 **All Creatures Great and Small Christmas Special** *Merry Bloody Christmas:* 7/7. A guest brings mischief to Skeldale House. (S3) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** A kids' entertainer hosts a Halloween event. (S)(R)(AD)
6.55 **News** (S)

8.00 The Yorkshire Vet

7.00 **Supermarket Own Brands: Which Tastes Best?** New edition The world of limited-stock products, also known as special buys, which includes a variety of items. (S)
7.55 **News** (S)

8.00 **The Yorkshire Vet** New edition Matt Smith responds to an emergency call about a rhea who's been attacked by a pack of dogs, while Peter Wright enjoys a reunion with a former Skeldale colleague. (S)

9.00 **Casualty 24/7: Every Second Counts** New edition Medics treat a 70-year-old patient who is struggling to breathe and had pains in his chest and stomach since returning from holiday in Tunisia. (S)

10.00 **999: Critical Condition** Doctor Sanjeev Nayak embarks on an operation to save his patient from a life-threatening aneurysm, while a trauma team treat a man who collapsed with a cardiac arrest. (S)(R)

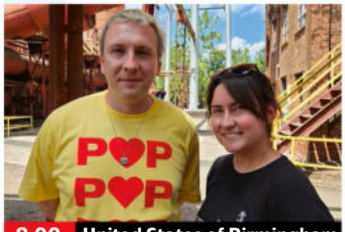
11.05 **My Wife, My Killer and the Secret Footage** A man killed by his wife's boyfriend. (S)(R)
1.00 AM **Live Casino Show** (S)
3.00 **Fergie vs Diana: Royal Wives at War** Documentary. (S)(R)
4.15 **Friends** (S1) (S)(R)(AD)
4.40 **Nick Knowles' Big House Clearout** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 17/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *My Octopus and a Teacher:* Bart is unable to control his feelings when he gets a new teacher. (S)(R)
5.30 *Bart the Cool Kid:* Bart makes friends with a child who is famous influencer. (S)(R)
6.00 *Girls Just Shauna Have Fun:* Lisa joins the high-school marching band. (S)(R)
6.30 *Marge the Meanie:* A surprise from Marge's past has her bonding with Bart. (S)(R)



8.00 United States of Birmingham

7.00 **The Office (US)** *Michael's Birthday:* 19/22. Michael decides to take the staff ice-skating. (S)(R)
7.30 *Drug Testing:* 20/22. Dwight discovers a half joint of marijuana in the Dunder-Mifflin car park. (S2) (S)(R)

8.00 **Joe Lycett's United States of Birmingham** 4/4. The comedian's mission takes him to his final Birmingham, located in Alabama, where he takes in the history and hospitality of America's Deep South. (S)(R)

9.00 **Never Mind the Buzzcocks** With guest panellists Joy Crookes, Serge Pizzorno and Tom Davis. (S)(R)(AD)
9.45 Shaggy, Rosie Jones and Example join host Greg Davies and regulars Noel Fielding, Daisy May Cooper and Jamali Maddix. (S)(R)

10.30 **Resident Alien** New episode *Human Condition:* 5/10. Harry struggles to bond with his son, while D'arcy wants to adopt a dog. (S4) (AD)

11.30 **Resident Alien** New episode 6/10. Harry is brought in front of the Galactic Housing Council to answer for his crimes. (S4)
12.25 AM **Peacemaker** 3/8. (S2) (R)
1.15 **Brassic** 7/7. (S6) (S)(R)(AD)
2.10 **The Force: North East** (S)(R)
3.05 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 17/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
10.40pm Trying (S)(R) (AD) **11.40** Scotcast (S)(R) **12.10am** Billion Dollar Playground (S)(R)(AD) **1.40** Weather for the Week Ahead (S) **1.45-6.00am** BBC News (S)

N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm NEW Patrick: A Young Traveller Lost (S) **11.35** Billion Dollar Playground: Double bill. (S)(R)(AD) **1.05-6.00am** BBC News (S)

WALES
Sky **965**, Virgin **864**, Freesat **965**
7.30-10.00pm LIVE International Football (S)

BBC2

N. IRELAND
Sky **969**, Freesat **969**
9.45pm The Chronicles of Armagh (S)(R) **10.00-10.30pm** Spotlight (S)(R)

WALES
Sky **968**, Freesat **968**
6.30pm The Hairy Bikers Go West (S)(R)(AD) **7.30** EastEnders (S)(AD) **8.00** NEW SERIES Stacey & Joe (S)(AD) **9.00** The Great British Sewing Bee New edition (S)(AD) **10.00-10.30pm** Rewind: 60 Years of Welsh Pop – Swansea (S)(R)

ITV1

No variations

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Sain Ffagan (AD) **12.30** Heno **1.00** Cledrau Coll **1.30** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Am Dro! **4.00** Awr Fawr **5.00** Stwnsh **6.00** Arfordir Cymru: Môn **6.30** Sgorio **7.00** Newyddion a'r Tywydd **7.20** LIVE Sgorio Rhyngwladol **10.00** Jess Davies **10.35-11.40pm** Jason Mohammad: Stadiymau'r Byd

TV&Satellite week
New issue on sale today

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Dick Whittington pitches a film about his life.
7.25 **The Catch Up**
7.30 LIVE **International Football** Wales v Canada. Coverage of the friendly at the Swansea.com Stadium. Kick-off is at 7.45.
10.00 **Thailand: The Dark Side of Paradise** New edition 2/3. Zara McDermott meets men chasing cheap thrills in Pattaya, before heading to Ko Phangan, an exotic island famed for its spirituality.
10.45 FILM **What's Love Got to Do with It?** Comedy starring Lily James. As her childhood friend prepares for an arranged marriage, film-maker Zoe decides to document his journey. (2022, 12, 108min) ★★★
12.30 AM **Angels of the North**
1.30 **Thailand: The Dark Side of Paradise** Documentary.
2.15 **The Big Proud Party Agency** Double bill.
3.15 **to 4.00** AM **Thailand: The Dark Side of Paradise**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Back-to-back dinner parties in the Midlands.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help buyers moving from the south to the north-east.
6.55 Kirstie Allsopp and Phil Spencer go house-hunting in Bristol.
7.55 **Grand Designs** Kevin McCloud follows the progress of a cutting-edge, post-industrial house in an area of the South Downs.
9.00 **The Emergency Ward** 1/10. A man collapses in the hospital cafe, while Dr Laura and Dr Mark set out perform a theoretically routine procedure on a woman with a dislocated hip.
10.00 **24 Hours in A&E** An 84-year-old woman is referred to St George's for urgent treatment for high potassium levels, while a 74-year-old man is brought in after a suspected stroke.
11.05 **24 Hours in A&E**
12.05 AM **Emergency Helicopter Medics**
1.10 **The Emergency Ward**
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** An insight into woodlands around the world.
8.00 **The Good Life** 1/8. Margo and Jerry persuade Tom and Barbara to consider a holiday. (S4)
8.30 **Yes, Minister** 5/8. Jim has to develop a government transport policy. (S3)
9.00 **Rikki** Celebrating the life, career and legacy of Rikki Fulton, one of Scotland's most beloved comic actors. Narrated by Ashley Jensen.
10.00 **Scotch & Wry** Comedy sketch show with a range of off-the-wall characters, starring Rikki Fulton.
10.50 **The Last Battle of the Vikings** A marine archeologist looks at the influence of the Vikings in Scotland, revealing how they helped shape the identity and culture of the nation.
11.50 **The Lost Neanderthals**
12.50 AM **The Mary Rose: A Timewatch Guide**
1.50 **Planet Earth** As 7.00pm.
2.50 **to 3.40** AM **Scotch & Wry**

E4

135/136 126 106 13 122 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 7-10/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks** Mercedes crashes Tony's fundraiser.
7.30 **The Simpsons** *The Great Louse Detective:* Homer is the target of a murder attempt.
8.00 **First Dates** A Bristol woman seeks a man who will accept her and her pet snake.
9.00 **Celebs Go Dating** New edition The agents take the opportunity to call Kerry and Paolo into the agency for a joint session.
10.00 **First Dates** A 19-year-old man goes on the first date of his life, making a series of disastrous blunders.
11.05 **Naked Attraction**
12.05 AM **The Simpsons**
12.40 **Gogglebox**
1.50 **First Dates**
2.40 **Celebs Go Dating**
3.35 **Modern Family**
4.45 **Young Sheldon**
5.35 **to 6.00** AM **The Goldbergs**

+1 hr 235/236 306 30 123 256

Tuesday primetime

TUESDAY Entertainment

Tuesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 13/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 11/22. The team try to track down the suspects behind an explosion at an Ohio energy plant. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

10.00 FBI: Most Wanted

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 7&8/10. (S6)
10.10 **Westworld** 3&4/10. (S2)
12.30 PM **Game of Thrones** (S2)
1.30 **Das Boot** 1&2/8. (S2)
3.40 **True Blood** 9/10. Eric arrives at the Vamp Camp.
4.40 10/10. Sookie evaluates her future with Warlow. (S6)
5.45 **Homicide: Life on the Street** 4/4. A phone-sex operator is murdered. (S2)
6.50 1/20. A good Samaritan is found dead. (S3)

9.00 Gomorrah

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 14/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 9/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **Magnum P.I.** 1/20. (S5)
4.00 **S.W.A.T.** 17/22. (S6)
5.00 **SEAL Team** 8/20. The unit are sent to rescue a pilot shot down in enemy territory. (S3)
6.00 **Stargate Atlantis** 9/20. The team try to help a village under Wraith attack, but Dr Keller is kidnapped in the process. (S5)

10.05 Resident Alien

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.05 **Real Housewives of New...**
12.00 NOON **Buying the View**
12.30 PM **Billie and Greg**
2.00 **The Only Way Is Essex**
3.00 **The Bachelor Australia** New edition Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

9.00 Sam and Billie: Sister Act

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 5&7/9. (S2)
10.20 **The Royal** *Reckoning.*
11.25 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 8/9. Mark investigates his fiancée's past.
4.45 1/7. Pauline grows increasingly frustrated with her role at the surgery. (S3)
5.50 **Heartbeat** *Taking Sides:* A shocking accusation leaves Maggie reeling.

8.00 Endeavour

7 PM

7.00 Nothing to Declare An anxious passenger arouses suspicion.
7.30 A girl is questioned by immigration officers.

7.55 Game of Thrones *A Man Without Honour:* 7/10. Theon embarks on a hunt as he tries to prove his Ironborn status, and Daenerys receives a useful invitation. (S2)

7.00 Stargate Atlantis *First Contact:* 10/20. The Atlantis crew encounter a mysterious alien race. (S5)

7.00 Deal or No Deal Stephen Mulhern hosts as another contestant takes on the Banker for the chance to win life-changing cash.

6.55 Heartbeat *Echoes of the Past:* A pregnant woman fears for the safety of her unborn child after a series of ghostly events.

8 PM

8.00 The Equalizer *Better Off Dead:* 3/18. A widow believes her husband is trying to kill her from beyond the grave. (S3)

8.00 Joe Lycett's United States of Birmingham 4/4. Joe's mission takes him to his final Birmingham in Alabama.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

8.00 Endeavour *Uniform:* A crime wave has taken hold of Oxford as a group of undergraduates wreak havoc across town, and Bright order all hands on deck at Castle Gate after a uniformed officer is murdered.

9 PM

9.00 The Rookie New episode *A Deadly Secret:* 15/18. Documentary film-makers interview the LAPD about a complicated case. (S7)

9.00 Gomorrah 7/12. Enzo launches new operations in Naples, but the traffic does not go unnoticed by the city's existing bosses.

9.00 From *Choosing Day:* 3/10. The Matthews family must choose which of the two settlements to join. (S1)

9.00 Sam and Billie: Sister Act New edition 4/6. Sam finds that someone has been stealing from her and turns detective.

10 PM

10.00 FBI: Most Wanted New episode *Money Moves:* 5/22. Thieves target the warehouse of a security corporation. (S6)
11.00 **Bull** 16/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 2/18. (S3)
2.00 **Fire Country** New episode
3.00 **The Cleaning Lady** 12/12. (S3)
4.00 **Send in the Dogs**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

10.00 Gomorrah 8/12. Enzo and his crew find themselves under attack, and Genny approaches Scianel for help. Subtitled. (S3)
11.00 **The Sopranos** 11/13. Tony is advised to go straight. (S2)
12.00 M'T **The Wire** 6/13. (S1)
1.10 AM **The Pacific** 7/10.
2.10 **The Leftovers** 1/8. (S3)
3.20 **Game of Thrones** As 7.55pm.
4.20 **to 6.00** AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

10.05 Resident Alien New episode *Human Condition:* 5/10. Harry struggles to bond with his son. (S4)
11.05 **Resident Alien** New episode 6/10. Harry has to answer for his crimes. (S4)
12.05 AM **Peacemaker** 3/8. (S2)
12.55 AM **Brassic** 7/7. (S6)
12.55 **The Force: North East**
2.00 **Road Wars** Vehicle crime.
3.05 **Magnum P.I.** 1/20. (S5)
4.00 **S.W.A.T.** 17/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

10.00 Family Guy 15/20. Stewie tries to create a machine.
10.30 16/20. Peter is told by his boss to work from home. (S18)
11.00 **Family Guy** 10&11/20. (S18)
12.00 M'T **American Dad!** (S14&13)
1.00 AM **Bob's Burgers** 14/22. (S9)
1.30 **Plebs** 6/8. Jason starts dating a yoga instructor. (S4)
2.00 **Olivia Attwood's Bad Boyfriends** Reality series.
2.55 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

10.00 Law & Order: UK *Survivor's Guilt:* 1/7. DS Sam Casey is brought in to investigate the shooting of Devlin. (S6)
11.00 **Law & Order: UK** 2/7. Ronnie and Sam race against time to find a hostage. (S6)
11.55 **Professor T** 6/6. A woman is found dead at the scene of a car crash. (S3)
1.00 AM **The Tower** 3/4. (S3)
2.00 **to 3.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Eat the Town** Natalie Erskine and Darren Dowling visit Galashiels.
8.00 **Scotland from the Sky** 3/3. Examining how aerial photography has revealed Scotland's hidden ancient past.
9.00 **Salmond & Sturgeon: A Troubled Union** 1/2. The inside story of Alex Salmond and Nicola Sturgeon's political partnership.
10.00 2/2. The impact of Alex Salmond losing his seat in the 2017 general election.
11.00 **Scotcast** New edition Discussion on Scotland's biggest news stories.
11.30 PM **to 12.00** M'T **The Scandals That Shocked Scotland** The ice-cream war that led to a 20-year fight for justice.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S4)
11.20 **Girls** 9&10/10. (S1)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** (S2)
7.45 **Sex and the City** 8/18. Miranda has to stay strong when her mother dies.
8.25 9/18. Miranda discovers Steve has testicular cancer. (S4)
9.00 **FILM Disaster Movie** Spoof with Matt Lanter and Vanessa Minnillo. (2008, 12, 86min) ★
10.45 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.45 **And Just Like That...**
12.30 AM **Entourage** (S3)
1.05 **Veep** 3&4/10. (S6)
2.20 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic FM Live: Hall of Fame 2023**
8.00 **The Joy of Painting**
9.00 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Auction Special**
3.00 **Literature & Cinema**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Stories from Tate Britain** With Kate Bryan.
9.00 **Stories from the National Portrait Gallery** Portraiture.
10.00 **My Week with Lubaina Himid** Documentary.
11.00 **Pompeii: Sin City**
12.25 AM **Record On**
2.05 **Anna X** Drama.
3.30 **shortFLIX Presents Seven Sisters**
3.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager** (S2)
7.00 **Star Trek: The Next Generation** 2/26. (S3)
8.00 **Star Trek: Deep Space Nine** *Little Green Men:* 8/26. Quark crash-lands in 1940s Roswell. (S4)
9.00 **FBI: Most Wanted** (S4)
10.00 **FBI: International** (S3)
11.00 **Grimm** 11/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Who Wants to Be a Millionaire? Celebrity Special** Anton Du Beke and Fred Sirieix compete to win a cash prize for charity.
3.00 **Tenable** Double bill.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
9.00 **Wheel of Fortune** Graham Norton hosts as three contestants compete to solve word puzzles to get the chance to spin the wheel and win big money prizes.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Wheel of Fortune**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Murder, She Wrote**
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 15&16/24. (S4)
12.00 NOON **Highway to Heaven** 17/24. (S2)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's No Greater Love** Romantic melodrama.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 4/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost**(S1)
9.00 **The New Avengers** (S2)
10.00 **The Avengers** (S5&6)
12.00 M'T **Rising Damp** (S1)
12.30 AM **Man About the House** 4/7. (S1)
1.00 **M*A*S*H** (S10)
2.00 **Home to Roost** (S1)
2.25 **A Fine Romance** (S1)
3.00 **Rumpole of the Bailey**
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **World of Sport**
6.20 **The Saint**
7.20 **Kojak** Double bill.
9.25 **Magnum, PI**
11.30 **Robin of Sherwood**
12.40 PM **BattleBots**
1.35 **Kojak** Double bill.
3.45 **Magnum, PI** *Smaller Than Life:* Rick agrees to help a childhood friend. **4.50** *Distant Relative:* Thomas chaperones Rick's sister.
5.50 **The Saint** *The Better Mousetrap:* Simon Templar investigates a jewel thief.

9.00 **Lethal Weapon 4**

6.55 **The Motorbike Show** Henry starts the nickel plating on the Harley-Davidson restoration, and travels to South Africa.

8.00 **World Superbike Highlights** Action from the ninth round of the season at the Circuit de Nevers Magny-Cours.

9.00 FILM **Lethal Weapon 4** Action comedy thriller sequel starring Mel Gibson and Danny Glover. The maverick LA cop duo tangle with a gangster from the Hong Kong underworld. With Joe Pesci and Rene Russo. (1998, 15, 128min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **Wrestling: AEW Collision** Hard-hitting action, featuring stars including FTR and Miro.
1.25 AM **Hell's Kitchen** The chefs step up to compete in an ingredient game show.
2.15 **Auto Mundial**
2.40 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 13/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 1/26. (S2)
2.00 **Primeval** 5/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 13/26. Data is surprised to meet his twin brother Lore. (S1)

11.00 **SurrealEstate**

7.00 **Primeval** 5/7. Connor and Abby uncover the existence of a supposedly mythical labyrinthodont in a coastal village. (S4)

8.00 **Stargate Atlantis** *Travellers:* 5/20. Sheppard is captured by a race of human travellers. Guest stars Jill Wagner. (S4)

9.00 **The Ark** *A Slow Death Is Worse:* 7/12. The crew discover they're not alone in space after all. (S1)

10.00 **The Walking Dead** *What's Been Lost:* 20/24. Daryl and Carol work with an unlikely ally to find their friends. (S11)
11.00 **SurrealEstate** 1/10. Luke struggles to handle an engaged property, while Susan falls in love with a home with a special power. **12.00** M'T 2/10. Luke has to deal with a film crew. (S2)
1.00 AM **Westworld** 7&8/10. (S2)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 12/23. (S2)
11.00 **Hudson & Rex** 5/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 12/23. (S2)
5.00 **Hudson & Rex** 5/16. A murder in a local park points to someone dressed as an obscure TV superhero. (S6)
6.00 **Father Brown** *The Kembleford Boggart:* The father of a young writer is found dead.

12.00 **Body of Proof**

7.00 **Body of Proof** *All in the Family:* 7/9. Megan investigates the murder of a stay-at-home dad. (S1)

8.00 **Death in Paradise** *Meditated in Murder:* 6/8. The team investigate when the leader of a spiritual retreat is strangled. (S7)

9.00 **Death in Paradise** *Arriving in Paradise:* 1/8. First episode of the Caribbean detective drama starring Ben Miller. (S1)

10.00 **Mudtown** *Cuckoo in the Skull:* 3/6. Beca brings Sonny over for dinner, which only heightens Claire's distrust. (S1).
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 13/16. Neal starts to suspect that a former convict is trying to trick his landlady. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Don't Wait Up**
7.50 **Keeping Up Appearances**
8.30 **Last of the Summer Wine**
9.50 **Hi-de-Hi!**
10.25 **Porridge**
11.05 **Last of the Summer Wine**
12.25 PM **Don't Wait Up**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army: Lost Episodes**
2.20 **Porridge**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder the Third**
6.15 **Hi-de-Hi!**

6.15 **Hi-de-Hi!**

7.00 **Dad's Army** Mainwaring's bumbling platoon acquire an armoured car.
7.35 **Porridge** Fletch tries to help Godber after he gets into a fight a week before his parole board hearing.
8.20 **Blackadder the Third** Edmund tries to find a rich bride for Prince George.

9.00 **Blackadder the Third** The fearsome Duke of Wellington challenges Prince George to a duel.
9.40 **The Office** David uses the staff's annual appraisals to share his unique brand of wisdom. **10.20** David's ego is given a boost when he is headhunted by a public speaking agency.
11.00 **Blackadder the Third**
12.15 AM **The Thin Blue Line**
12.55 **The Office** Double bill.
2.25 **Dad's Army** As 7.00pm.
2.55 **The Thin Blue Line**
3.25 **to 4.00** AM **The Office**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Outback Pilots** Double bill.
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia** Bernie puts together the first-ever Streamliners festival.
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** Rick visits Copenhagen, the home of New Nordic cuisine.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers look at ways of preserving food.

11.00 **Taskmaster**

7.00 **Would I Lie to You?** With Prue Leith, Scarlett Moffatt, Big Narstie and Tomasz Schafernaker.
7.40 **Richard Osman's House of Games** With Michelle Gayle and Rory Bremner. **8.20** With Darren Harriott, Charlie Brooks, Les Dennis and Melinda Messenger.

9.00 **Have I Got a Bit More News for You** Hosted by Mel Giedroyc, with guest panellists Kirsty Wark and Chris McCausland.

10.00 **Dave Gorman: Modern Life Is Goodish** The comedian asks just how gullible people are.
11.00 **Taskmaster** Dave Gorman, Al Murray, Rob Beckett, Sara Pascoe and Paul Chowdhry, face a challenge involving a cement-filled shoebox.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **to 4.00** AM **Dave Gorman: Modern Life Is Goodish**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Remarkable Renovations**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me: Celebrity Christmas Special** Five editions.
5.30 **A Place in the Sun**
7.00 **The Dog House** An abandoned Pomeranian meets a potential adoption family.
8.00 **The Great British Bake Off** New edition The amateurs show off their biscuit-making skills.
9.35 **Educating Yorkshire**
10.35 FILM **Legends of the Fall** Epic period drama starring Brad Pitt, Anthony Hopkins and Julia Ormond. (1994, 15, 133min) ★★★★
1.10 AM **24 Hours in A&E**
2.15 **Gogglebox** Double bill.
4.15 **to 4.45** AM **Kirstie and Phil's Love It or List It: Brilliant Builds**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 11-13/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Restless:* 2/24. A US Marine is stabbed on the way to his homecoming party. **7.00** *The Penelope Papers:* 3/24. McGee's grandmother is implicated in the killing of a lieutenant. **8.00** *Enemy on the Hill:* 4/24. The team try to uncover the motive behind a killing. (S9)
9.00 **Criminal Minds: Evolution** New episode *Forget Me Knots:* 8/22. Voit's internal struggles with himself lead him to a desperate kidnapping. (S16)
10.00 **Law & Order: Special Victims Unit** (S19)
1.50 AM **Person of Interest**
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Skin A&E** New edition A young veteran needs help with a condition affecting his eyelids.
10.00 **A&E After Dark**
11.00 **999: Emergency Call Out** Documentary.
12.00 M'T **Broadmoor: For the Criminally Insane**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.15 **Outback Truckers**
10.15 **Trucking Hell**
11.15 **Traffic Cops**
12.15 PM **Police Interceptors**
2.15 FILM **The Man with the Gun** Western. (1955, b/w, PG, 88min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Triple bill, including at: **8.00** Damo and the firearms team tackle a supermarket gunman.
9.00 **The Motorway** A multiple car pile-up blocks the M60.
10.00 **Frontline Police 24/7**
11.00 **MacGyver** 6/23. (S2)
12.00 M'T **La Brea** New episode 7/14. Ty accepts a challenge to win his friend a cure. (S2)
1.00 AM **The Tube: Keep London Moving!**
2.00 **Trucking Hell**
3.50 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The cooks face a service challenge.
8.10 **Inside the Ambulance** Medics help a man having an anxiety attack.
9.10 **One Born Every Minute** Two students become parents. **10.10** A pair of childhood sweethearts worry about their premature baby.
11.10 **Emergency: First Time Medics** Documentary.
12.10 AM **First Responders**
1.20 **Stacey Dooley: Inside Spain's Narco Wars**
2.10 **to 3.00** AM **Louis Theroux: Gambling in Las Vegas**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 4/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Dalziel & Pascoe** *Time to Go:* A clubber is found dead from a suspected drug overdose.
10.00 **New Tricks** *The Queen's Speech:* The team reopen the investigation into a teenager's death.
11.20 **Spooks** 9/10. (S6)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

TUESDAY Entertainment

Tuesday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Sherrie Hewson.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip**
9.00 **Long Lost Family: What Happened Next** Davina McCall and Nicky Campbell catch up with three people navigating new relationships and complicated feelings, including ex-footballer Dominic Matteo.
10.00 **Long Lost Family** A woman looks for her Sri Lankan birth mother. **11.00** A woman searches for her younger brother.
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Celebrity Who Wants to Be a Millionaire?** Quiz show.
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Quiz show.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With guests Edwina Currie, Rachel Riley, Keith Duffy and Mark Charnock.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill of the big-money quiz.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.00 AM **Wanted: Dead or Alive** Double bill.
10.00 **FILM Coroner Creek** Western adventure. (1948, PG, 89min) ★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Buchanan Rides Alone** Western. (1958, U, 78min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 **FILM Half Past Dead** Action thriller. (2002, 15, 98min) ★★★
11.10 **FILM Contract to Kill** Action adventure. (2016, 15, 90min) ★★
1.10 AM **The Avengers** (S4)
2.10 **The New Avengers** (S1)
3.10 **Cops Uncut** Double bill.
4.10 **Wild West Chronicles**
5.35 **to 6.00** AM **Cops Uncut**
+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM The House on the Hill** Thriller. (2019, 12, 90min) ★★
10.00 **Unforgettable** (S1)
11.00 **Castle** 3/10. (S1)
12.00 NOON **FILM Murder 101: If Wishes Were Horses** Crime drama. (2007, PG, 85min) ★★
1.55 PM **FILM Murder 101: Locked Room Mystery** Drama. (2008, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 4/10. (S1)
8.00 **Unforgettable** (S1)
9.00 **FILM Morning Show Mystery: Mortal Mishaps** Drama. (2018, PG) ★★
10.55 **FILM Campus Caller** Thriller. (2016, 12) ★★
1.05 AM **FILM Dangerous Company** Thriller. (2015, PG, 87min) ★
2.50 **FILM Deadly Switch** Thriller. (2019, PG) ★★
4.25 **to 4.50** AM **Police Ten 7**
+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM A Christmas Recipe for Romance** Drama. (2019, U) ★★
10.00 **FILM Christmas Confessions** (2015) ★★
12.05 PM **FILM Mistletoe Over Manhattan** Drama. (2011, U, 90min) ★★
2.00 **FILM Christmas on 5th Avenue** (2021, PG) ★★
4.05 **FILM Christmas Around the Corner** Drama. (2018, PG, 90min) ★★
6.00 **FILM A Merry Christmas Match** Drama. (2019, U, 82min) ★
8.00 **FILM Christmas Song** Drama. (2019, PG) ★★
9.55 **FILM Mingle All the Way** (2018, PG) ★★
11.50 **FILM Her Magical Christmas** Drama. (2017, PG, 90min) ★★
1.40 AM **FILM Deck the Heart** (2023, PG) ★★
3.20 **to 4.50** AM **FILM Christmas on 5th Avenue** As 2.00pm.
+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Bewitched** (S1)
10.30 **You're Only Young Twice**
11.00 **I Dream of Jeannie** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **Kane & Abel**
3.00 **Bramwell** 3/7. (S1)
4.00 **Born Free** 12/13. (S1)
5.00 **A Sharp Intake of...**
5.30 **You're Only Young Twice**
6.00 **The Monkees** (S1)
6.30 **I Dream of Jeannie** (S1)
7.00 **Carry On Laughing**
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of Breath** 5/6. (S4)
9.00 **Please Sir!** (S3)
9.30 **Brass** 10/13. (S2)
10.00 **Game On** 3/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **Kane & Abel**
2.05 **Bramwell** 3/7. (S1)
3.05 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Outback Opal Hunters** The Cheals hit a massive pocket of plate-sized opal in their open cut mine. **10.00** Rod, Sam and Ben use their last dig of the season to secure enough opal for Les' retirement.
11.00 **Mysteries of the Deep**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid XL** The survivalists realise they are not alone.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Tom Kerridge's American Feast**
7.00 **Rachel Allen: Bake!**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **Rachel Allen: Bake!**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Jamie's Easy Meals for Every Day** New editions
10.00 **Jamie's 15 Minute Meals**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 21/24. (S8)
9.00 **The Fall Guy** (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Apocalypse of Ice** Sci-fi disaster drama. (2020, PG, 88min) ★★
1.00 PM **FILM The Purple Plain** War drama. (1954, PG, 100min) ★★★
3.00 **FILM Biggles: Adventure in Time** Time-travel adventure. (1986, PG, 108min) ★★
5.00 **Star Trek** 11/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM Man on a Ledge** Suspense thriller. (2011, 12, 98min) ★★★
11.00 **FILM Out of Sight** Romantic thriller. (1998, 15, 122min) ★★★★
1.20 AM **FILM Standoff** Thriller. (2015, 15) ★★★
3.05 **to 4.50** AM **FILM Bloodthirsty** Horror. (2020, 15, 84min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Asteroid v Earth** As 5.00pm.
8.00 **FILM Super Cyclone** Sci-fi disaster movie. (2012, 12, 90min) ★
10.00 **Andromeda** 18/22. (S1)
11.00 **FILM Meteor Apocalypse** Adventure. (2010, 15, 90min) ★
1.00 PM **FILM Shark Season** Disaster thriller. (2020, PG, 87min) ★★
3.00 **Andromeda** 18/22. (S1)
4.00 **The A-Team** 3/13. (S5)
5.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
7.00 **Andromeda** 19/22. (S1)
8.00 **Six Million Dollar Man**
9.00 **FILM Pandorum** Sci-fi horror thriller. (2009, 15, 108min) ★★★
11.10 **FILM The Enforcer** Revenge thriller. (2022, 18, 90min) ★★
1.00 **to 3.00** AM **FILM Maniac** Horror thriller. (2012, 18, 87min) ★★★
+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs Declassified**
11.10 **The UnXplained**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Junk and Disorderly**
10.00 **Rust Valley Restorers**
11.00 **Court Cam** Double bill.
12.00 M'T **Craig Charles: UFO Conspiracies**
1.00 AM **UFOs Declassified**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of Buckingham Palace with Alexander Armstrong** Double bill.
11.00 **Ben Fogle: New Lives in the Wild** Pembrokeshire.
12.00 NOON **Loch Lomond: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of Buckingham Palace with Alexander Armstrong** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** The highlands of eastern Iceland.
9.00 **Drain the Oceans** How Mexican cartels have smuggled cocaine into the United States.
10.00 **Nazi Megastructures**
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** From Derbyshire.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** A former dairy.
9.00 **Rico to the Rescue** New edition A family's basement renovation has seen zero progress.
10.00 **Battle on the Mountain** New edition The competition heats up.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Curvy Brides Boutique**
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Curvy Brides Boutique**
8.00 **Dr Pimple Popper**
9.00 **The Bad Foot Clinic**
10.00 **My Feet Are Killing Me**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **My Feet Are Killing Me**
3.00 **Body Bizarre**
4.00 **Dr Pimple Popper**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 4&5/24. (S1)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S3&4)
9.00 **FILM Austin Powers: International Man of Mystery** Spy spoof written by and starring Mike Myers, co-starring Elizabeth Hurley. (1997, 15, 95min) ★★★★
11.00 **Police Squad!** 1&2/6. Double bill. (S1)
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **Drunk History**
2.00 **Important Things with Demetri Martin**
2.30 **Nigel Ng: The Haiyaa Special** Stand-up show.
3.25 **Rosie Jones Tries to Help** With Tom Allen.
3.35 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 6&7/13. (S1)
11.00 **Friends** 12-15/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 8&9/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** (S8)
9.00 **New Girl** 15&16/24. Double bill. (S1)
10.00 **Friends** 15-20/25. (S3)
1.00 AM **Beavis and Butt-Head** (S5)
2.00 **Key & Peele**
3.00 **Whose Line Is It Anyway? USA**
3.45 **Suzi Ruffell at the Comedy Store**
4.05 **Alex Edelman at the Comedy Store**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **UK Border Force**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **NCIS: New Orleans**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Border Security USA**
7.00 **SEAL Team** (S1)
9.00 **Road Wars**
10.00 **Last King of the Cross** 3&4/10. Double bill. (S1)
12.25 AM **The Russell Howard Hour** With guests Robert Peston and Paul Chowdhry.
1.15 **A League of Their Own: Mexican Road Trip**
2.10 **Duck Quacks Don't Echo** With Jason Byrne.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter**
8.00 **Catfish: The TV Show**
11.00 **Catfish: Wannabees**
12.00 NOON **Catfish: The TV Show** Four editions.
4.00 PM **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2**
8.00 **Dallas Cowboys Cheerleaders**
10.00 **Geordie Shore: The Reunion Series** New edition Chloe Ferry's arrival causes a stir.
11.00 **Ink Master Redemption** New edition
11.30 **Ink Master Redemption**
12.00 M'T **Ridiculousness** New edition
12.30 AM **Ridiculousness**
1.00 **Ink Master Redemption**
2.00 **Geordie Shore: Holly's Story** Reality series.
2.45 **Celeb Ex in the City**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers** Double bill.
1.00 PM **Gold Divers** Double bill.
3.00 **Scrap Kings** A community centre is crushed in Yorkshire. **4.00** In Cheshire, a well-known hotel is pulled down.
5.00 **Building Off the Grid** An adventurous couple build a house overlooking the beautiful plains of Colorado.
6.00 **Hoffman Family Gold** Todd squares off with a mine owner.

9.00 Deadliest Catch

7.00 **Wheeler Dealers: Dream Car** Mike and Elvis attempt to trade up to an iconic off roader – a Series 2A Land Rover.

8.00 **Mega Shippers** In Palma, Majorca, loadmaster Mark McGrane is tasked with transporting a £14million superyacht to Florida.

9.00 **Deadliest Catch** New edition Sig prompts Rick to search for a decades-old chart and secret fishing grounds.

10.00 **Gold Divers** New edition Part one of two. Tensions erupt as Chris faces off against an alleged claim jumper.

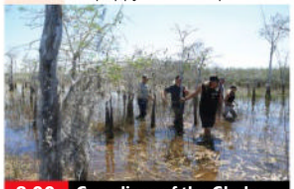
11.00 **Gold Divers** New edition Part two of two. A massive explosion on the *Mistress* threatens the Kellys' season.
12.00 M'T **Blowing Up History**
1.00 AM **Deadliest Catch**
2.00 **Gold Divers** Double bill.
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Life at Vet University**
10.00 **Tanked** A pipeline water tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A man upset by his girlfriend's cat. **4.00** A cat called Godzilla.
5.00 **Lone Star Law** A group are caught in possession of firearms and narcotics.
6.00 **Dr Jeff: Rocky Mountain Vet** A homeless man's five-month-old puppy breaks its paw.



8.00 Guardians of the Glades

7.00 **Treehouse Masters** Pete Nelson builds an all-star speakeasy for basketball legend Shaquille O'Neal.

8.00 **Guardians of the Glades** A rival group of snake hunters creep into Dusty's area, so the team go hunting during the night.

9.00 **Alaska: The Last Frontier** The Kilchers go fishing, and they need to catch hundreds of pounds of fish for them to eat.

10.00 **Alaskan Bush People** Barn construction means its all hands on deck, but someone isn't pulling their weight.

11.00 **Pit Bulls & Parolees** A dog is abandoned in the swamps.
12.00 M'T **Crikey! It's the Irwins** Terri helps release a wild leopard in South Africa.
1.00 AM **Guardians of the Glades**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Car S.O.S**
2.00 PM **Hitler's Last Stand**
4.00 **Construction Fails** A tour of some of the world's most expensive and useless airports.
5.00 **Car S.O.S** Fuzz Townshend and Tim Shaw take on their first-ever Honda.
6.00 **Hitler's Last Stand** A US Parachute Infantry Regiment protect a critical bridge.

8.00 Hitler's Death Army

7.00 **Air Crash Investigation** Experts are baffled when the wreck of Thai Airways Flight 311 is found amid mountain peaks.

8.00 **Hitler's Death Army: Das Reich** 1/2. Documentary about elite German soldiers.

9.00 **Hitler's Death Army: Das Reich** 2/2. German soldiers who perpetrated huge massacres on the Eastern Front.

10.00 **Hitler's Secret Underground Factory** Documenting the story of the revolutionary Messerschmitt ME 262.

11.00 **Air Crash Investigation**
1.00 AM **To Catch a Smuggler: Tropical Takedown**
2.00 **Made in a Day** The world's most powerful tractors.
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **When Sharks Attack**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed**
1.00 PM **History's Most Shocking**
2.00 **History's Greatest Mysteries**
3.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
5.00 **Storage Hunters**
6.00 **American Pickers** Minds are blown when two of the buyers team up for a major score.

9.00 History's Most Shocking

7.00 **Forged in Fire** The bladesmiths are tasked with forging a combat knife from an anti-tank hedgehog.

8.00 **Bone Detectives** Scotty Moore examines a body at Bamburgh Castle that appears to be a young man with a crushed skull.

9.00 **History's Most Shocking** New edition Footage of the moment when three giant snakes fell out of a family's roof.

10.00 **History's Greatest Mysteries** New edition The fortunes of early 20th-century English explorer Percy Fawcett.

11.00 **World's Most Unexplained...**
12.00 M'T **Haunted Hospitals** An eerie shadow figure attempts to attach itself to a psychiatric patient.
12.55 AM **Mysteries Unearthed with Danny Trejo**
1.50 **History's Most Shocking**
2.50 **WW2 Treasure Hunters**
3.40 **Pawn Stars**
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Adolf Hitler's War**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Adolf Hitler's War**
6.00 **Antiques Roadshow** Fiona Bruce and the experts return to Towneley Hall, near Burnley.

10.00 Bangers & Cash: Restoring

7.00 **Tropic of Capricorn** On the third leg of his journey, Simon Reeve crosses mainland Australia and visits a ghost town.

8.00 **Flipping Bangers** Car enthusiasts Will and Gus head to the West Country to buy a VW Golf GTI.

9.00 **Bangers & Cash** Derek is heading to Scotland to collect a 'special' Bentley that has been created by a very talented amateur.

10.00 **Bangers & Cash: Restoring Classics** The team revisit a road roller four years on, and tackle a Citroën 2CV6 Dolly.

11.00 **Bangers & Cash** Derek heads out to pick up a Saab 96L and a Volvo P1800ES.
12.00 M'T **Find It, Fix It, Flog It** Finds in East Sussex include Victorian street lamps.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great Continental and Indian Railway Journeys**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Goblin Works Garage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** Stage 16.
8.00 **Mike Brewer: Born Dealer** Mike and his wife share a sneak peek into their lives at their dealership in Warwick.
9.00 **Celebrity Yorkshire Auction House**
10.00 **The Repair Shop**
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1 hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes... UK**
7.00 **Say Yes to the Dress**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Crime Stories**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **On the Case**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **American Detective**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **Fatal Destination** New edition A getaway aboard a luxury boat takes a dark turn.
10.00 **Forensic Factor: A New Era** Documentary.
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Melissa White.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A boss of recycling company steals £2million of public cash.
8.00 **Killers: Caught on Camera** Four parents are shot by Antoine Suggs after a night out.
9.00 **Bloodline Detectives** In 1994, 42-year-old Le Bich-Thuy is found dead next to her home. **10.00** Exploring the murder of 69-year-old Evelynne Derricott.
11.00 **Britain's Countryside Killers** How the village of Bosham, West Sussex, was rocked by the murder of Valerie Graves.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **Cold Cases Reopened** True-crime.
10.00 **The Truth About My Murder** Deborah Chong.
11.00 **Facing Evil**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Facing Evil**
5.00 **Medical Detectives** A postcard could incriminate a religious figure who took part in war crimes. **5.30** An Illinois mother and her two children are found murdered in their beds. **6.00** CCTV footage of a murder proves too fuzzy to be of any use. **6.30** A woman's body is found under a bridge.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Snapped**
12.00 NOON **Murdered at...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **What the Killer Did Next** Nadine Aubras.
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Killing Mum and Dad**
10.00 **The Real Manhunter**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murder Uncut**
1.05 AM **How I Caught the Killer** Philip Inhofer.
2.00 **Killer in My Village**
3.00 **Snapped** Willa Blanc.
4.00 **Border Security**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.55 **Countdown to WWII**
10.00 **Edwardian Britain in...**
11.00 **Cleopatra**
12.00 NOON **Egypt's Darkest...**
1.00 PM **The Invention of Surgery** Documentary.
2.00 **Countdown to WWII**
3.10 **Edwardian Britain in...**
4.15 **Grand Tours of the Scottish Islands**
4.50 **Cleopatra**
5.50 **Egypt's Darkest Hour**
6.50 **Countdown to WWII**
7.55 **Edwardian Britain in Colour** 2/2. Featuring footage of people celebrating the arrival of a new tram in Wigan.
9.00 **Cleopatra** Docu-drama exploring the truth behind the myth of the iconic Egyptian ruler.
10.00 **Egypt's Darkest Hour**
10.55 **Edwardian Britain in...**
12.00 M'T **Cleopatra**
1.00 **to 2.00** AM **Grand Tours of the Scottish Islands**

TUESDAY

Tuesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Last Movie Stars**
7.00 **Discovering: Glenn Close**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Shaq** As shown at 7.00pm.
11.00 **The Jinx: The Life and Deaths of Robert Durst** As 8.00pm.
12.00 NOON **Bobby Robson: More Than a Manager**
2.00 PM **FILM Bobby** Documentary celebrating Bobby Moore. (2016, PG, 95min) ★★★★
4.00 **Discovering: Glenn Close**
5.00 **The Directors**
6.00 **The Eighties**
7.00 **Shaq** 2/4. Shaq signs a record-setting deal with the LA Lakers.
8.00 **The Jinx: The Life and Deaths of Robert Durst** 2/6. The property tycoon talks about his marital problems.
9.00 **I Am Burt Reynolds**
10.50 **Death of a Showjumper**
11.50 **Natalie Wood: What Remains Behind** Documentary.
1.50 AM **Dettori**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Glenn Close**

Sky Nature

145 113/114 189 354 369

6.00 AM **Animal Empires**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Living Beach**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Living Beach**
4.00 **Dawn to Dusk**
5.00 **Into the Wild: Colombia**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Deep Dive North America** Exploring North America's southern coastal waters.
9.00 **Beasts of the Big Blue** New Zealand's marine wildlife.
10.00 **Wild Birds of Australia** The lives of two young penguins.
11.00 **Into the Wild: Colombia**
12.00 M'T **Big Cat Country**
1.00 AM **Animal Empires**
2.00 **Deep Dive North America**
3.00 **Beasts of the Big Blue**
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries** Exploring Machu Picchu, one of the most puzzling archaeological sites on Earth.
7.00 **Battle 360** The American invasion of the Solomon Islands. **8.00** A CGI reconstruction of the Battle of Santa Cruz.
9.00 **Discovered by Disaster** Unexpected things revealed by catastrophic disasters. **10.00** Evidence that ties a meteor strike to a Biblical tale.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies** A mass sighting of a flying saucer at Chicago O'Hare International Airport.
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **Last Night Out** New edition
10.00 **The Real Murders of Atlanta** New edition A Valentine's Day rendezvous turns deadly.
11.00 **Lie Detector: Truth or Deception** Documentary.
12.00 M'T **Somebody's Hiding...**
1.00 AM **Last Night Out**
2.00 **NEW Fame & Fentanyl**
4.00 **The Real Murders of Atlanta**
5.00 **to 6.00** AM **Buried in the...**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Wild, Smart and Deadly**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **A Leopard's Legacy**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo: Rhinos**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** Two baby white rhinos join the herd at The Wilds, and a pair of red pandas have a blind date in a tree.
8.00 **The Flood** 1/2. Exploring the impact of flooding on the wildlife of the Okavango Delta. **9.00** 2/2. As the waters begin to recede, millions of migrant birds flock to the Delta.
10.00 **Lawless Island**
11.00 **Ice Road Rescue**
12.00 M'T **Wild, Smart and Deadly**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** The SR-71 Blackbird, a plane capable of reaching an altitude of 80,000ft and speeds of more than Mach 3, while also being invisible to radar.
9.00 **Ancient Unexplained Files** New digital technology reveals secrets about the origins of Machu Picchu in Peru.
10.00 **How Do They Do It?**
11.00 **Massive Engineering Mistakes**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **Inside the Ambulance**
1.00 PM **Inside the Ambulance**
7.00 **Inside the Ambulance** Paramedics try to save a patient whose heart has stopped for more than 15 minutes, and a pregnant woman is struggling to breath. **8.00** Medics treat a man who appears to be having a heart attack and needs to be taken to hospital, and a man who got so confused he came home early from his holiday. **9.00** A woman suffers the most serious nose bleed the paramedics have ever seen, while a mother and her son are both in need of treatment. **10.00** Paramedics try to save a man bleeding heavily from his arm, and a woman shows signs of having sepsis. **11.00** Paramedics rush to help a girl who is reluctant to let them examine her head injury.
12.00 M'T **Inside the Ambulance**
5.20 **to 6.00** AM **The Bill**

+1hour 266 376

ID

154 141 166

8.00 AM **Diabolical: Deadly Love**
9.00 **True Conviction**
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **Death by Fame**
3.00 **American Monster**
4.00 **Disappeared**
5.00 **Forbidden: Dying for Love**
7.00 **Murder Chose Me** A case in which the bullet-ridden bodies of three friends were discovered in a car. **8.00** A case in which a respected member of the Korean community was murdered in broad daylight.
9.00 **Evil Lives Here: The Killer Speaks** Audrey agonises about why her brother murdered her mother and sister.
10.00 **A Body in the Snow: The Trial of Karen Read**
11.00 **American Monster**
12.00 M'T **The Real Story with Maria Elena Salinas** Double bill.
2.00 AM **Forbidden: Dying for Love**
4.00 **to 6.00** AM **Murder Chose Me**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Catastrophe strikes in the heart of Minnesota.
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Bad Chad Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** Transforming a Model A Ford pick-up truck.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop**
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic...**
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **The Mountain** (2024)
8.45 **The Prosecutor** Hong Kong thriller. (2024, 15, 117min)
10.45 **Amongst the Wolves** (2024)
12.30 PM **One of Them Days** (2025)
2.15 **Restless** As 2.05am.
3.50 **The Surfer** Psychological thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★
5.35 **Amongst the Wolves** Thriller. (2024, 15, 102min)
7.20 **One of Them Days** Comedy. (2025, 15, 97min) ★★★

3.50 The Surfer

One of Them Days (film started at 7.20pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 The Brutalist Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives in America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Heart Eyes** Horror comedy starring Mason Gooding and Olivia Holt. (2025, 15, 97min) ★★★★
2.05 **Restless** Dark thriller starring Lyndsey Marshal. (2024, 15, 89min) ★★
3.50 **The Mountain** Comedy drama starring Elizabeth Atkinson. (2024, PG, 89min) ★★★★
5.25 **to 7.05** AM **Into the Wonderwoods** Animation. (2024, U, 81min) ★★★

Sky Cinema Gems

303 303 403 503 517

6.45 AM **Widow Clicquot** (2023)
8.20 **The Men Who Stare at Goats** Comedy. (2009, 15) ★★★
10.00 **The Birds** Hitchcock horror. (1963, 15, 118min) ★★★★★
12.05 PM **The Watched** Horror. (2024, 15, 102min) ★★★
1.50 **Mad Max: Fury Road** Thriller. (2015, 15, 120min) ★★★★★
3.55 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★
5.55 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★

10.20 Hannibal

8.00 Vanilla Sky Romantic fantasy drama, a remake of the Spanish film *Open Your Eyes*, starring Tom Cruise and Penélope Cruz. A wealthy young man's charmed life takes a bizarre turn after he meets the girl of his dreams. With Cameron Diaz and Kurt Russell. (2001, 15, 136min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.20 Hannibal Chiller sequel to *The Silence of the Lambs*, starring Anthony Hopkins, Julianne Moore and Gary Oldman. (2001, 18, 131min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.35 AM **Borat Subsequent Moviefilm** Mockumentary sequel. (2020, 15, 95min) ★
2.20 **The Book of Clarence** Biblical comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
4.40 **to 6.20** AM **Widow Clicquot** Drama starring Haley Bennett. (2023, 15, 90min) ★★★★

Sky Cinema Drama

310 310 410 510 524

6.00 AM **Boy Meets Boy** As 11.55am.
7.20 **Oh! What a Lovely War** Satirical anti-war musical. (1969, PG, 144min) ★★★★
9.50 **The Three Musketeers: Milady** Swashbuckling adventure sequel. (2023, 12, 115min) ★★★★
11.55 **Boy Meets Boy** Drama. (2021, 15, 75min) ★★★
1.15 PM **Rent** Screen version of the musical. (2005, 12, 135min) ★★
3.35 **A Star Is Born** Drama starring Lady Gaga and Bradley Cooper. (2018, 15, 136min) ★★★★★
6.00 **Grease** Musical starring John Travolta and Olivia Newton-John. (1978, PG, 110min) ★★★★
8.00 **Grease 2** Musical sequel starring Maxwell Caulfield, Michelle Pfeiffer and Adrian Zmed. (1982, PG, 109min) ★★
10.05 **The King's Speech** Oscar-winning drama starring Colin Firth and Geoffrey Rush. (2010, 12, 118min) ★★★★★
12.15 AM **The Great Escaper** Drama. (2023, 12, 96min) ★★★★
2.05 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
4.25 **to 6.30** AM **The Illusionist** Mystery starring Edward Norton. (2006, PG, 110min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.00 AM **Dark Skies** As 1.35am.
8.50 **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
10.45 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
12.45 PM **The Woman in Black: Angel of Death** Horror chiller sequel. (2014, 15, 95min) ★★★
2.35 **King Kong** Monster movie remake starring Naomi Watts. (2005, 12, 187min) ★★★★
5.55 **Sinister** Horror thriller starring Ethan Hawke, Juliet Rylance and Fred Dalton Thompson. (2012, 15, 105min) ★★★
8.00 **Passengers** Sci-fi drama starring Jennifer Lawrence, Chris Pratt and Michael Sheen. Two travellers on a spaceship are woken 90 years before the end of their colonisation mission. (2016, 12, 116min) ★★★
10.05 **Halloween** Horror starring Jamie Lee Curtis and Judy Greer. (2018, 18, 106min) ★★★★
12.00 M'T **Out of Darkness** Horror. (2022, 15, 88min) ★★★
1.35 AM **Dark Skies** Paranormal thriller. (2013, 15, 97min) ★★★
3.20 **Hannibal Rising** Thriller prequel. (2007, 18, 116min) ★★★
5.30 **to 7.10** AM **Monolith** Thriller. (2022, 15, 90min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.50 AM **Save the Cinema** Drama. (2021, 12, 109min) ★★★
8.55 **Reuniting the Rubins** Comedy drama. (2010, PG, 98min) ★
10.45 **Ella Enchanted** Comic fantasy. (2004, PG, 96min) ★★★
12.35 PM **The Golden Compass** Fantasy. (2007, PG) ★★★
2.40 **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
4.15 **Peter Rabbit** (2018, PG) ★★★
6.00 **Peter Rabbit 2: The Runaway** (2021, U) ★★★

9.50 Ghostbusters: Frozen...

7.40 **Snow White and the Huntsman** Fantasy starring Kristen Stewart. Snow White strives to overcome her evil stepmother with the aid of a widowed huntsman and a group of dwarfs. (2012, 12, 127min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Ghostbusters: Frozen Empire** Supernatural comedy sequel starring Paul Rudd and Carrie Coon. Three generations of the team join forces to stop a second ice age. (2023, 12, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **The Wiz** Motown musical updating of *The Wizard of Oz*. (1978, U, 133min) ★★
2.10 AM **Pups United** Adventure. (2015, U, 89min) ★★★
3.45 **Friend or Foe** Family drama. (1981, U, 70min) ★★★
5.05 **to 6.40** AM **Big Fat Liar** Teen comedy with Frankie Muniz. (2002, PG, 88min) ★★★

Sky Cinema Action

307 307 407 507 521

7.10 AM **Shrapnel** As 4.25am.
8.45 **Superman II** Fantasy sequel. (1980, PG, 127min) ★★★
11.00 **Ghost Rider: Spirit of Vengeance** Action adventure sequel. (2012, 12, 91min) ★★
12.45 PM **Troy** As 10.00pm.
3.35 **Kraven the Hunter** Fantasy starring Aaron Taylor-Johnson. (2024, 15, 127min) ★★★
5.50 **Superman III** Fantasy sequel starring Christopher Reeve. (1983, PG, 123min) ★★★

8.00 Bad Boys: Ride or Die

8.00 **Bad Boys: Ride or Die** Action comedy sequel starring Will Smith and Martin Lawrence. Miami cops Mike Lowrey and Marcus Burnett go on the run to clear their late captain's name. With Vanessa Hudgens. (2024, 15, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 **Troy** Spectacular epic inspired by *The Iliad*, starring Brad Pitt, Eric Bana, Orlando Bloom and Diane Kruger. (2004, 15, 163min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.50 AM **Battle Royale** Japanese satirical thriller starring Takeshi Kitano. Subtitled. (2000, 18, 113min) ★★★★
2.45 **The Warriors** Urban thriller starring Michael Beck. (1979, 15, 94min) ★★★
4.25 **to 6.05** AM **Shrapnel** Action thriller starring Cam Gigandet. (2023, 15, 89min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.40 AM **Nutty Professor II: The Klumps** (2000, 12) ★★★
8.30 **Parenthood** As 5.55pm.
10.35 **HouseSitter** (1992, PG) ★★★
12.25 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
2.15 **Yesterday** Fantasy ccomedy. (2019, 12, 116min) ★★★
4.15 **My Big Fat Greek Wedding 2** Romantic comedy sequel. (2016, 12, 94min) ★★
5.55 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★

5.55 Parenthood

8.00 **Mamma Mia!** Musical starring Meryl Streep. A young bride-to-be living on a Greek island invites three of her mother's old boyfriends to her wedding, hoping to find out which one is her father. (2008, PG, 108min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **Mamma Mia! Here We Go Again** Musical sequel starring Amanda Seyfried. The reopening of the Hotel Bella Donna leads to a reunion for Sophie's family. (2018, PG, 114min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.45 **See No Evil, Hear No Evil** Comedy thriller starring Gene Wilder and Richard Pryor. (1989, 15, 107min) ★★★
1.30 AM **Galaxy Quest** Sci-fi comedy starring Tim Allen. (1999, PG, 102min) ★★★★
3.15 **The Big Chill** Comedy drama. (1983, 15, 115min) ★★★★
5.00 **to 6.55** AM **Bye Bye Birdie** Musical. (1963, PG) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **The Last Stop in Yuma...**
7.40 **The Independent** Drama. (2022, 12, 108min) ★★★
9.40 **Twilight of the Warriors...**
11.55 **Nightcrawler** Crime thriller. (2014, 15, 115min) ★★★★
2.00 PM **Ocean's Twelve** Thriller. (2004, 12, 125min) ★★★★
4.15 **The Last Stop in Yuma County** Crime thriller. (2023, 15, 90min) ★★★★
5.55 **Promising Young Woman** Thriller. (2020, 15) ★★★★

10.10 Desperation Road

8.00 **Ocean's Thirteen** Caper thriller sequel starring George Clooney, Brad Pitt, Matt Damon and Al Pacino. Danny Ocean and his hand-picked gang of crooks plot an elaborate revenge against a megalomaniac casino owner. With Ellen Barkin (2007, PG, 122min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Desperation Road** Thriller starring Garrett Hedlund, Willa Fitzgerald and Mel Gibson. In Mississippi, a mother and her child are caught in a crossfire as alcohol, guns and revenge clash. (2023, 18, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Twilight of the Warriors: Walled In** Crime thriller. (2024, 15, 126min) ★★★
2.15 **Serpico** Crime drama. (1973, 18, 130min) ★★★★
4.30 **to 6.15** AM **The Line** Drama. (2023, 15, 100min) ★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Remains of the Day** Merchant-Ivory period drama. (1993, U, 134min) ★★★★★
1.45 PM **The Last Hurrah** Drama. (1958, b/w, U, 121min) ★★★
4.10 **The Sound Barrier** Director David Lean's aviation drama. (1952, b/w, U, 109min) ★★★★
6.30 **Jumanji: Welcome to the Jungle** Action comedy starring Dwayne Johnson. (2017, 12, 119min) ★★★★

9.00 The Killing Fields

Jumanji: Welcome to the Jungle (film started at 6.30pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **The Killing Fields** Oscar-winning fact-based drama about the friendship of an American journalist and his Cambodian friend and translator. Stars Sam Waterston, Haing S Ngor and John Malkovich. (1984, 15, 135min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **C'mon C'mon** Road movie starring Joaquin Phoenix and Woody Norman. A journalist and his young nephew are unexpectedly thrown together. (2021, b/w, 15, 109min) ★★★★
2.05 **to 4.00** AM **Hit the Road** Persian comedy drama starring Mohammad Hassan Madjooni. Partly subtitled. (2021, 12, 93min) ★★★★

8 PM
9 PM
10 PM
11 PM

+1 hour 314 430 47 301 257

Sky Cinema 00s

302 302 402 502 516

6.00 AM **Dreamgirls** Musical. (2006, 12, 130min) ★★★★
8.20 **Chicago** Oscar-winning screen version of the Broadway musical. (2002, 12, 112min) ★★★★
10.20 **Mean Girls** Musical adaptation of the 2004 teen comedy. (2023, 12, 112min) ★★★
12.20 PM **Miss Congeniality** Comedy starring Sandra Bullock. (2000, 12, 109min) ★★★★
2.20 **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
4.20 **The Men Who Stare at Goats** Offbeat comedy starring George Clooney. (2009, 15, 89min) ★★★
6.05 **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
8.00 **Superbad** Teen comedy starring Jonah Hill and Michael Cera. (2007, 15, 113min) ★★★★
10.00 **The Hangover** Dark comedy starring Bradley Cooper. (2009, 15, 99min) ★★★★
11.45 **Snakes on a Plane** Action thriller with Samuel L Jackson. (2006, 15, 105min) ★★★
1.35 AM **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
3.25 **The Men Who Stare at Goats**
5.10 **to 7.00** AM **Finding Neverland** Drama. (2004, PG) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Bye Bye Birdie** Musical. (1963, PG, 112min) ★★★
8.40 **Dad's Army** Comedy spin-off. (1971, U, 95min) ★★★★
10.30 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
12.20 PM **Singin' in the Rain** Vintage musical Starring Gene Kelly. (1952, U, 102min) ★★★★★
2.10 **Alfie** Vintage comedy drama. (1966, 15, 114min) ★★★★
4.10 **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
5.50 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
8.00 **Meet Joe Black** Supernatural drama starring Brad Pitt. Death comes to Earth and experiences love after giving a temporary reprieve to a media tycoon. (1998, 12, 181min) ★★★★
11.00 **Saturday Night Fever** Dance drama starring John Travolta. (1977, 18, 119min) ★★★★
1.00 AM **Midnight Run** Comedy thriller starring Robert De Niro. (1988, 18, 122min) ★★★★
3.10 **Nobody's Fool** Comedy drama. (1994, 15, 111min) ★★★★
5.05 **to 6.45** AM **The Money Pit** Comedy starring Tom Hanks. (1985, 15, 91min) ★★★

Sky Cinema Animation

305 305 412 500 514

6.05 AM **The Cinema List: Family**
6.20 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★
7.50 **Rango** Animated Western. (2011, PG, 103min) ★★★★
9.40 **Despicable Me 4** Animated sequel. (2024, U, 94min) ★★★
11.20 **The Rugrats Movie** Animation. (1998, U, 80min) ★★★
12.50 PM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
2.25 **Kung Fu Panda 2** Animated comedy adventure sequel. (2011, PG, 90min) ★★★★
4.00 **Kung Fu Panda 3** Animated comedy adventure sequel. (2016, PG, 95min) ★★★★
5.40 **Kung Fu Panda 4** Animated sequel. (2023, PG, 94min) ★★★
7.20 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
8.45 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
10.20 **Barnyard** Animated family comedy. (2006, PG, 90min) ★
12.00 M'T **Batman: Return of the Caped Crusaders** Animation. (2016, PG, 78min) ★★★★
1.35 AM **Rugrats in Paris** Animation. (2000, U, 79min) ★★★
3.10 **Curious George** Animation. (2006, U, 87min) ★★★★
4.45 **to 6.20** AM **The Nut Job** (2014)

Movies 24

312 313 419

7.00 AM **An Unexpected Valentine** Comedy. (2025, PG, 84min) ★★
9.00 **Harmony From the Heart** Comedy. (2022, PG, 87min) ★★
11.00 **Mountain Rescue Romance** Comedy. (2023, PG, 84min) ★★
1.00 PM **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
3.00 **Savoring Paris** Romantic drama starring Bethany Joy Lenz. (2024, PG, 90min) ★★
5.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
7.00 **Never Too Late to Celebrate** Romantic drama starring Alexa and Carlos PenaVega. (2023, PG, 90min) ★★
9.00 **Falling in Love in Niagara** Romance starring Jocelyn Hudon. After her fiancé leaves her before their wedding, a woman takes their honeymoon without him, and reconnects with her adventurous side. (2024, PG, 84min) ★★
11.00 **A Missed Connection** Romantic drama. (2023, PG, 90min) ★★
1.00 AM **Lease on Love** Romantic comedy. (2022, PG, 86min) ★★
3.00 **to 5.00** AM **Planning for Joy** Comedy. (2022, PG, 86min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Look at Life**
6.15 **Double Confession** (1950) ★★★
7.55 **The Punching Preacher**
8.30 **Out of Town**
9.00 **Dead Man's Evidence** Thriller. (1962, b/w, 15, 62min) ★★
10.20 **Switch Off and Go Together**
10.25 **First Man into Space** Sci-fi chiller. (1959, PG, 77min) ★★
12.00 NOON **Dixon of Dock Green**
12.40 PM **Scotland Yard** 1/39. (S1)
1.15 **Top of the Bill** Documentary.
2.15 **The Atomic Submarine** Sci-fi. (1959, b/w, PG, 68min) ★★
3.45 **London-Brighton Car Run**
3.50 **The Angel Who Pawned Her Harp** Fantasy. (1954, U) ★★★
5.20 **Edgar Wallace Mystery Theatre**
6.30 **Four Star Theatre** 7/19. (S1)
7.05 **Batman** 25/60. (S2)
7.35 **Dial 999** 27/39. (S1)
8.05 **The Mind of Mr JG Reeder**
9.05 **Blind Corner** (1963, PG) ★★★
10.40 **Cellar Club with Caroline Munro**
10.45 **Ben** Thriller. (1972, PG) ★★
12.35 AM **Cellar Club with Caroline...**
12.40 **The Ninth Configuration** Drama. (1979, 15, 118min) ★★★★
2.55 **Cellar Club with Caroline Munro**
3.00 **The Resurrection of Zachary Wheeler** Sci-fi. (1971, 12) ★★★
5.05 **Aberdeen: The Silver City**
5.30 **to 6.00** AM **Beverly Hillbillies**

TUESDAY Sport 9 September

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast** The latest headlines and reports.
10.00 **Sky Sports FC** Interactive show covering the major headlines.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **Gillette Labs Soccer Special** Build-up to this evening's football.
8.00 LIVE **WTA & ATP Tennis** The latest coverage from the Tours, including the Guadalajara Open and the Sao Paulo Open.
1.30 AM LIVE **WTA Tennis** Coverage of day two of the Guadalajara Open, a hard-court tournament staged at Panamerican Tennis Center in Mexico. The two Mexican players competing at last year's event suffered contrasting fortunes, with Ana Sofia Sánchez losing 6-0, 3-6, 6-2 against Lucrezia Stefanini, while Renata Zarazúa triumphed 6-1, 3-6, 6-1 over Anhelina Kalinina.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years** A look back at the 24/25 season.
3.00 **PL Retro** A chance to see Chelsea v Burnley from 2017/18.
5.00 **The Premier League Show**
7.00 **Match Officials Mic'd Up** In-game audio of selected incidents from the Premier League.
7.30 **Transfer 360** A look at the inside story of why Duncan Ferguson left Everton for Newcastle.
8.00 **Gary Neville's Soccerbox** With former striker Les Ferdinand.
8.30 With Duncan Ferguson.
9.00 **MND End of Season Awards 2024/25** The leading players and clubs of the season are honoured.
10.00 **Transfer 360** Robbie Fowler.
10.30 **Unpacked** Fans' questions.
11.00 **Premier League Years**
1.00 AM **PL Retro** Arsenal v Everton.
3.00 **PL Greatest Games**
4.00 **Best PL Goals 1997/98**
5.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Championship Retro**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Action from Manchester City v Tottenham Hotspur.
11.00 **Best Goals: EFL Cup 2020/21**
11.30 **EFL Trophy** Highlights of Sunderland v Tranmere Rovers.
12.00 NOON **EFL League One Goals**
12.30 PM **EFL League Two Goals**
1.00 **EFL Highlights**
1.30 **WSL** Recent highlights.
2.30 **SPFL Highlights**
3.00 **SWPL** Celtic v Rangers.
3.30 **EFL League One Goals**
4.00 **EFL League Two Goals**
4.30 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **WSL** Chelsea v Manchester City.
6.30 **SPFL Highlights**
7.00 **WSL** Liverpool v Everton.
7.30 **SWPL** Celtic v Rangers at SuperSeal Stadium in Hamilton.
8.00 **EFL League One Goals**
8.30 **EFL League Two Goals**
9.00 **EFL Highlights** Sheffield Wednesday v Swansea City.
9.15 Watford v Southampton.
9.30 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **EFL Play-Off Finals 15/16**
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **EFL Cup Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
8.00 **Vitality T20 Blast Cricket** Somerset v Birmingham Bears: A chance to see the quarter-final staged at Cooper Associates County Ground in Taunton.
11.30 **Best of England v South Africa**
12.00 NOON **One-Day International Cricket** England v South Africa in the three-game series.
3.00 PM **Vitality T20 Blast Cricket** Lancashire Lightning v Kent Spitfires: A chance to see the quarter-final staged at Emirates Old Trafford in Manchester.
6.30 **Best of England v South Africa**
7.00 **One-Day International Cricket** England v South Africa: Action from the second match in the three-game series held at Lord's.
8.00 England v South Africa: Highlights of the third ODI in the three-match series at Utilita Bowl.
9.00 **Vitality T20 Blast Cricket** A replay of Durham v Hampshire Hawks in the quarter-final staged at Banks Homes Riverside.
12.30 AM **Best of England v South Africa** Archive highlights.
1.00 **to 6.00** AM **One-Day International Cricket**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Golf Academy**
7.00 **Playing Lessons**
8.00 **Nick Dougherty's Tee Time Tips**
9.00 **The Open Zone** Women's Open.
9.30 **DP World Tour Golf**
10.00 **Legends Tour Golf**
11.00 **Best of the Open Zone 2024**
12.00 NOON **The Open Zone**
1.00 PM **Golf Academy**
2.00 **Playing Lessons** Expert advice.
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **The Open Zone**
4.30 **Legends Tour Golf**
5.30 **DP World Tour Golf**
6.00 **Ladies European Tour Golf**
7.00 **Legends Tour Golf**
8.00 **Countdown to the Ryder Cup**
8.30 **Tales from the Ryder Cup**
9.30 **Golf** British Par 3 Championship.
11.30 **Ladies European Tour Golf**
12.30 AM **The Open Zone**
1.00 **Golf Academy** Bernhard Langer.
2.00 **Playing Lessons**
3.00 **Nick Dougherty's Tee Time Tips**
4.00 **Best of the Open Zone 2024**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 1

410 413 521 408 430

6.00 AM **IFSC Climbing World Cup**
7.00 **Fishing: On the Bank**
8.00 **The Gruppetto** Cycling action.
8.15 **Onboard** Ocean Race Europe.
8.45 **Champions League**
10.30 **FIA World Endurance Championship Highlights**
11.30 **The WRC Magazine**
12.00 NOON **Crouchy and Cole**
12.15 PM **La Vuelta Men** Stage 15.
1.15 **The Gruppetto** Cycling action.
1.30 LIVE **Cycling: La Vuelta Men** Coverage of the 16th stage.
5.00 **The WRC Magazine**
5.30 **Champions League Magazine**
6.00 **Premier League: Big Interview**
6.30 **Premier League Stories**
7.00 **British Superbikes Highlights**
8.00 **Superbike Rewind**
8.15 **MotoGP Rewind**
8.30 **British Speedway**
9.30 **Hard Knocks** NFL insight.
10.30 **MLB Highlights**
11.30 **MLB Lead Off** A look ahead.
12.00 M'T LIVE **MLB New York Yankees v Detroit Tigers.** The American League game at Yankee Stadium. Start-time **12.05am**.
3.00 AM **MLB Closer** Match review.
3.30 **Champions League Magazine**
4.00 **to 6.00** AM **NWSL**

TNT Sports 2

411 414 522 409 431

6.00 AM **UEFA Champions League Road to Glory**
7.00 **UEFA Champions League – Stories of the Finals**
7.30 **Superbike World Championship**
8.30 **MotoGP** Grand Prix of Catalonia.
12.00 NOON **MotoGP Chequered Flag**
1.00 PM **MLB Highlights**
2.00 **UEFA Champions League Road to Glory** Liverpool.
3.00 **UEFA Champions League – Stories of the Finals**
3.15 **UCI Mountain Bike World Championship** From Valais.
4.15 LIVE **UCI Mountain Bike World Championship** The women's XCC Elite in Valais.
5.30 LIVE **UCI Mountain Bike World Championship** The men's XCC Elite in Valais on day 11 of the annual competition.
6.30 **Onboard** Ocean Race Europe.
7.00 **European Rally Championship**
7.30 **Porsche Supercup**
8.30 **FIA World Endurance Championship Highlights**
9.30 **The WRC Magazine**
10.00 **MotoGP** Grand Prix of Catalonia.
1.30 AM **MotoGP Chequered Flag**
2.30 **Motocross World Championship**
5.30 **to 6.00** AM **Formula E**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super League** Wigan Warriors v Hull Kingston Rovers.
7.00 **State of Origin Rugby League Highlights** Recent action.
9.00 **State of Origin Rugby League** New South Wales v Queensland in the third game of the series.
10.00 **NRL** Melbourne Storm v Penrith Panthers in the 2024 Grand Final.
11.00 **Premier League Darts** Action from night nine of the tournament staged at Uber Arena in Berlin.
2.45 PM **Darts Gold** Raymond van Barneveld v Stephen Bunting.
3.00 **The Rugby Championship** Argentina v New Zealand.
5.00 South Africa v Australia.
7.00 **Rugby League Retro** Leeds v Wigan in the 1995 Charity Shield.
9.00 **Premier League Darts** Action from night nine of the tournament at Uber Arena in Berlin. The quarter-finals were Nathan Aspinall v Stephen Bunting, Luke Humphries v Rob Cross, Chris Dobey v Luke Littler, and Michael van Gerwen v Gerwyn Price.
12.45 AM **Darts Gold** Raymond van Barneveld v Stephen Bunting.
1.00 **PDC Classics** Archive action.
2.00 **to 6.00** AM **Rugby League Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
5.00 LIVE **WTA Tennis** Coverage of day two of the Sao Paulo Open, a hard-court tournament staged at Parque Villa-Lobos. Home favourite Beatriz Haddad Maia is scheduled to be the highest-ranked player in this event, and possibly the only player in the top 50 of the world rankings, so will enter as the favourite to win.
8.00 LIVE **WTA Tennis** The latest coverage from the WTA Tour, including the Guadalajara Open and the Sao Paulo Open.
1.30 AM LIVE **WTA Tennis** Coverage of day two of the Guadalajara Open staged at Panamerican Tennis Center in Mexico. The two Mexican players competing at last year's event suffered contrasting fortunes, with Ana Sofia Sánchez losing 6-0, 3-6, 6-2 against Lucrezia Stefanini, while Renata Zarazúa triumphed 6-1, 3-6, 6-1 over Anhelina Kalinina.
2.00 **to 6.00** AM **Sky Sports News**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **US Open Tennis** Finals.
6.30 **ATP Tour This Week**
7.00 **US Open Tennis** Finals.
9.00 **WTA Tennis** Tour highlights.
5.00 PM LIVE **WTA Tennis** Coverage of day two of the Sao Paulo Open from Parque Villa-Lobos in Brazil.
8.00 LIVE **WTA Tennis** Coverage includes the Sao Paulo Open.
1.30 AM LIVE **WTA Tennis** Coverage of day two of the Guadalajara Open at Panamerican Tennis Center.
5.00 **Mirra Andreeva Podcast 2024**
5.15 **Bitesize Tennis** Halle Open.
5.30 **to 6.00** AM **WTA & ATP Tennis**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Legends Tour Golf**
8.00 **DP World Tour Golf**
8.30 **HotelPlanner Tour Golf**
9.00 **US Open Tennis** Finals.
11.00 **Formula 1** Italian Grand Prix.
12.00 NOON **Legends Tour Golf**
1.00 PM **DP World Tour Golf**
1.30 **HotelPlanner Tour Golf**
2.00 **PL Greatest Games**
3.00 **The Rugby Championship**
5.00 **US Open Tennis** Finals.
7.00 **Legends Tour Golf**
8.00 **DP World Tour Golf**
8.30 **HotelPlanner Tour Golf**
9.00 **Ladies European Tour Golf**
10.00 **One-Day International Cricket**
12.00 M'T **PL Greatest Games**
1.00 AM **The Rise of MVG**
1.30 **Gary Anderson: Back2Back Champion** Archive action.
2.00 **Rob Cross: A Year to Remember**
2.30 **Peter Wright: Double Champ**
3.00 **EFL Greatest Games**
4.00 **Best of the Open Zone 2024**
5.00 **to 6.00** AM **Women's Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **International T20 Cricket**
1.00 PM **TNT Sports Cricket Reload**
1.30 LIVE **Cycling: La Vuelta Men** Coverage of stage 16 of the race, a route of 167.9km from Poio to Castro de Herville in Mos.
5.00 **Onboard** Ocean Race Europe.
5.30 **Crouchy and Cole** A look back at the best of the show.
6.00 **WNBA** Action from Connecticut Sun v Phoenix Mercury.
7.00 **MLB Highlights**
8.00 **IFSC Climbing World Cup Highlights** In Koper, Slovenia.
9.00 **Onboard** Ocean Race Europe.
9.30 **TNT Sports Cricket Reload** The best batting in the third Test between West Indies and Australia.
9.45 **The Gruppetto** A look back at the latest cycling action.
10.00 **La Vuelta Men** Action from stage 16 of the Grand Tour race.
11.00 **AFL** The second qualifying final.
12.30 AM **AFL** Three match replays.
5.00 **to 6.00** AM **La Vuelta Men**

TNT Sports 4

414 416 524 411 434

6.00 AM **Gallagher Premiership Rugby** Action from 2024/25.
2.00 PM **Motocross World Championship** Highlights from the first MX2 race in Türkiye.
2.45 The first MXGP race.
3.30 The second MX2 race.
4.15 The second MXGP race.
5.00 **Superbike World Championship Highlights**
6.00 **Fishing: On the Bank** Rob Hughes and Andy Ford continue the OTB £1 Challenge.
7.00 **UEFA Champions League – Stories of the Finals**
7.30 **NWSL** Highlights from Racing Louisville FC v Portland Thorns.
8.30 Gotham FC v Angel City FC.
9.30 **UFC Reloaded** Cris Cyborg v Yana Kunitskaya from UFC 222.
12.00 M'T **UFC Reloaded** UFC 14.
4.15 AM **UFC Fight Flashback** Kamaru Usman v Colby Covington.
4.45 **Crouchy and Cole**
5.00 **to 6.00** AM **British Speedway**

Premier Sports 1

419 551

6.00 AM **LaLiga Specials**
7.00 **Motorsport Highlights**
8.30 **Scottish Rally Championship**
9.00 **Eredivisie Highlights**
10.00 **Motorsport** Recent action.
11.00 **World Surf League**
12.00 NOON **Football Highlights**
2.00 PM **Euro Le Mans Highlights**
3.00 **Sporting Greats**
4.00 **Eredivisie Highlights**
5.00 **Transworld Sport** Magazine.
6.00 **NASCAR Highlights**
7.00 **Top 14 Rugby Union Highlights**
7.30 **LaLiga Match Highlights**
8.00 **Motorsport Highlights**
9.30 **LaLiga Highlights**
9.55 **CONMEBOL World Cup Qualifiers** Argentina v Venezuela.
11.55 LIVE **CONMEBOL World Cup Qualifiers Ecuador v Argentina.**
2.00 AM **LaLiga Specials**
2.30 **NASCAR Highlights**
3.30 **Top 14 Rugby Union Highlights**
4.00 **Transworld Sport** Magazine.
5.00 **to 6.00** AM **Euro Le Mans**

Premier Sports 2

420 552

6.00 AM **NASCAR Xfinity Series**
9.00 **Bike World** Magazine.
9.30 **GP Confidential**
10.00 **Top 14 Rugby Union** Action from the French top flight.
2.00 PM **Bike World** Magazine.
2.30 **LaLiga** Another chance to see Alavés v Atlético Madrid.
4.30 **LaLiga** Another chance to see Celta Vigo v Villarreal.
6.30 **Temples of Sport** Iconic sporting venues from around the globe.
7.00 **CONMEBOL World Cup Qualifiers** Brazil v Chile.
9.00 **CONMEBOL World Cup Qualifiers** Argentina v Venezuela.
11.00 **LaLiga Specials** A look at the best saves from 2024/25.
11.30 **Bike World** Magazine.
12.00 M'T **Top 14 Rugby Union** Action from the French top flight.
2.00 AM **Temples of Sport**
3.00 **Eredivisie** A replay of PSV Eindhoven v Sportclub Telstar.
5.00 **to 6.00** AM **Football's Greatest**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 3** Italian Grand Prix.
8.15 **Brad Pitt Drives a McLaren**
8.30 **Formula 2** Action from Italy.
10.50 **F1 Feature**
11.00 **Formula 1** Italian Grand Prix.
1.00 PM **Ted's Notebook**
1.30 **Formula 1** Action from Italy.
3.45 **F1 Features**
4.30 **Formula 3** Italian Grand Prix.
6.45 **Alonso and Bortoleto IV**
7.00 **Formula 2** Highlights from Italy.
9.20 **Lando Norris & Naomi Schiff**
9.30 **Formula 1** Italian Grand Prix.
11.45 **Ted's Notebook**
12.15 AM **F1 Features**
12.30 **Formula 1** Action from Italy.
1.30 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Wednesday 10 September Evening Planner

Cricket

England v South Africa: 1st Twenty20 International

Sky Sports Main Event & Sky Sports Cricket, play starts at 6.30pm

Coverage from Sophia Gardens in Cardiff.

Awards

The National Television Awards

ITV1, 8pm

Joel Dommett hosts the annual awards, where nominees include *Adolescence*.

Drama

The Rumour

5, 9pm

After Joanna (Rachel Shenton) moves to a new town for a fresh start, a rumour about a child killer in the area takes hold.

OnDemand

prime

The Girlfriend

Available today

Robin Wright directs and stars as a mother who takes an instant dislike to her son's new girlfriend.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Stranded on Honeymoon Island		10.00 News; Local News	
	102 BBC2	7.00 SOS: Extreme...	7.30 Grand Tours of...	8.00 The Secret Genius of Modern Life		9.00 Wilderness with Simon Reeve		10.00 Limbs in the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale	8.00 The National Television Awards					10.30 News
	104 CHANNEL 4	7.00 News		8.00 Location, Location, Location		9.00 The Donald Trump Show		10.00 24 Hours in A&E	
	105 5	7.00 Supermarket Own Brands: Which...		8.00 Street Cops: Catching the Yobs		9.00 The Rumour		10.00 My Boyfriend, My Rapist: The Secret...	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Whale with Steve Backshall		9.00 Game of Thrones			
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Freddie Flintoff's Field of Dreams...		9.00 Stacey & Joe		10.00 Thailand: The Dark Side of Paradise	
	116 BBC4	7.00 Planet Earth		8.00 Britain's Nuclear Secrets: Inside...		9.00 Tribe		10.00 Film: Witness for the Prosecution	
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Family Guy	9.30 Universal...	10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 The Orient Express: A Golden Era of...		10.00 999: On the Front Line	
	135 E4	7.00 Hollyoaks	7.30 The Simpsons	8.00 First Dates		9.00 Celebs Go Dating		10.05 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 Fire Country		10.00 Matlock	
	108 SKY ATLANTIC	‹ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 The White Lotus			10.15 Atomic
	110 U&GOLD	7.00 Dad's Army	7.40 Open All Hours	8.20 Blackadder Goes Forth			9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.35 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 The Motorbike Show		8.00 The Chase Celebrity Special		9.00 Film: A Fistful of Dollars			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Bradley & Barney Walsh: Breaking Dad		10.00 8 Out of 10...	10.30 8 Out of 10...
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 There's Something About Movies		9.00 Film: Blacklight			
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Mudtown		10.00 Father Brown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Science Fiction in the Atomic Age		9.00 Buster Keaton: The Genius Crushed...		10.00 I Am Alfred Hitchcock	
	132 U&W	7.00 MasterChef Australia		8.15 Inside the...		8.50 One Born Every Minute			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Mega Shippers		9.00 Street Outlaws: Locals Only		10.00 Roadworthy Rescues	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Dog Detectives		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Car S.O.S.				10.00 Engineering Europe	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Alien Corridors		9.00 Curse of Skinwalker Ranch		10.00 Beyond Skinwalker Ranch	
	155 U&YESTERDAY	7.00 Tropic of Capricorn		8.00 Train Truckers		9.00 Train Rescue Down Under		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Shaq		8.00 The Jinx: The Life and Deaths of...		9.00 Six Silent Killings: Ireland's Vanishing Triangle			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.15 Amongst the Wolves		8.00 Saturday Night				10.00 The Brutalist	
	302 00s	‹ 6.10 Charlie's Angels: Full Throttle		8.00 Superman Returns					10.35 The Patriot
	303 GEMS	‹ 6.10 September 5		8.00 Scott Pilgrim vs. the World				10.00 Footloose	
	304 GREATS	‹ 5.50 In the Line of Fire		8.00 Patriot Games				10.00 The Great Escape	
	305 ANIMATION		7.15 Madagascar: Escape 2 Africa			8.50 The Rugrats Movie			10.25 Curious George
	306 FAMILY	‹ 6.00 Stuart Little	7.35 Stuart Little 2			9.00 Jackie Chan's The Tuxedo			
	307 ACTION	‹ 6.20 Superman IV – The Quest for Peace		8.00 Mad Max: Fury Road				10.05 Battle Royale	
	308 COMEDY	‹ 6.00 Miss Congeniality 2: Armed and...		8.00 Mean Girls			9.55 Anyone But You		
	309 THRILLER	‹ 6.10 Trap		8.00 Jack Reacher					10.15 Jack Reacher: Never Go...
	310 DRAMA	‹ 6.00 The Illusionist		8.00 The King's Speech				10.00 Chicago	
	311 SCI-FI	‹ 6.10 I Am Legend		8.00 2012					
	313 FILM4	‹ 6.00 Transformers: Revenge of the Fallen				9.00 Memory			
SPORT	401 MAIN EVENT	‹ 6.00 International T20 Cricket – Live: England v South Africa							10.30 Tennis – Live
	402 PREMIER LEAGUE	7.00 PL Stories	7.30 Match Officials...	8.00 Gary Neville's Soccerbox		9.00 PL Stories	9.30 Match Officials...	10.00 Transfer 360	10.30 Unpacked...
	403 FOOTBALL	7.00 SWPL	7.30 WSL		8.30 SPFL Highlights	9.00 EFL Highlights			
	405 CRICKET	‹ 6.00 International T20 Cricket – Live: England v South Africa							10.30 Best of...
	410 TNT SPORTS 1	‹ 6.30 MLB Highlights	7.30 MLB – Live: Texas Rangers v Milwaukee Brewers (Start-time 7.35)						
	411 TNT SPORTS 2	‹ 6.45 Women's CPL – Live: Barbados Royals v Trinbago Knight Riders							

‹ Denotes programmes starting before 7.00pm † Regions vary

WEDNESDAY

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Wednesday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Oxford. (S)
12.15 PM **Bargain Hunt** (S)(R)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** With Rosie Jones. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition The latest home turns up a gramophone, vintage toys and Victorian jewellery. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

9.00 Stranded on Honeymoon Island

7 PM

7.00 The One Show
Clara Amfo and Vernon Kay present the topical show. (S)

7.30 EastEnders
Johnny tries to build a bridge between Callum and Jonno against Elaine's advice, while Julie feels left out. (S)(AD)

8 PM

8.00 MasterChef
New edition 16/24. The heat winners return for knockout week, serving up a dish they would put on their own menu, before taking on a professional kitchen service. (S)(AD)
■ Continues tomorrow

9 PM

9.00 Stranded on Honeymoon Island
New edition 4/12. The couples swap partners for the day to gain some valuable insights into their marriages. (S)(AD)
■ Continues tomorrow

10 PM

10.00 BBC News (S)
10.30 Local News (S)
10.40 FILM The Krays
Crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. With Billie Whitelaw and Tom Bell. (S) (1990, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●

12.35 AM **The Hit List** 8/9. Marvin and Rochelle Humes host a celebrity special of the music quiz, with Pete Wicks, Tasha Ghouri, Sian Gibson, Sarah Hadland, Lauren Oakley and Krishnan Guru-Murthy playing for charity. (S)(R)
1.20 **Weather for the Week Ahead** Seven-day forecast. (S)
1.25 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.30 AM **Escape to the Country** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Celebrity Antiques Road Trip** Anthea Turner and Darren Harriott compete. (S)(R)
9.00 **BBC News** (S)
11.15 **Politics Live** (S)
1.00 PM **Impossible** Quiz show. (S)(R)
1.45 **Bridge of Lies** Game show. (S)(R)
2.30 **Unbeatable** Quiz show. (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Cornwall: This Fishing Life** (S)(R)
5.15 **Flog It!** From Allerton Castle in North Yorkshire. (S)(R)
6.00 **Richard Osman's House of Games** Sian Gibson, Jean Johansson, Iain Stirling and Rav Wilding test their trivia skills. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo travels from Porthmadog to Anglesey. (S)(R)

7.00 SOS: Extreme Rescues

7 PM

7.00 SOS: Extreme Rescues
New edition A woman has multiple injuries after falling on Wales's highest peak. (S)

7.30 Grand Tours of Scotland's Rivers
Presenter Paul Murton explores the lower River Tay. (S)(R)(AD)

8 PM

8.00 The Secret Genius of Modern Life
2/6. Hannah Fry focuses on the vacuum cleaner, learning about the origins of the first portable cleaner and how the motor in modern models spins faster than that of an F1 racing car. (S)(R)

9 PM

9.00 Wilderness with Simon Reeve
1/4. Simon travels through some of the most remote landscapes on Earth, beginning in the thick jungles and tropical swamps of the Democratic Republic of the Congo. (S)(R)(AD)

10 PM

10.00 Limbs in the Loch: Catching a Killer
New edition 5/6. A new witness comes forward. (S)(AD)
■ Concludes tomorrow

10.30 Newsnight (S)

11.00 **Unspun World with John Simpson** Global news stories. (S)
11.30 **International T20 Cricket** England v South Africa: Action from the first Twenty20. (S)
12.00 M'T **Sign Zone: The Great British Sewing Bee** (S)(R)(AD)
1.00 AM **Sign Zone: Disaster at Sea: The Piper Alpha Story** (S)(R)(AD)
2.00 **Sign Zone: Stranded on Honeymoon Island** (S)(R)(AD)
3.00 **Sign Zone: MasterChef** (S)(R)(AD)
3.30 **Sign Zone: Irvine Welsh: The Next Chapter** (S)(R)(AD)
4.00 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **Loose Women** Topical debate from a female perspective. (S)
1.30 **ITV News** (S)
1.55 **Local News** (S)
2.00 **Dickinson's Real Deal** David Dickinson and his team are in Fleetwood, Lancashire, where Jan Keyne finds out what whisky noggins are. (S)(R)(AD)
3.00 **Tenable** Warwick Davis hosts as a team of family and friends take part in the quiz show. (S)(R)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

7.30 Emmerdale

7 PM

7.30 Emmerdale
Robert is left reeling, Charity is concerned when Jacob surprises Sarah and her with an early ultrasound, while Chas vows to make Robert pay. (S)(AD)

8 PM

8.00 NEW The National Television Awards
Joel Dommett hosts the 30th edition of the ceremony, as stars and fans gather for one of the biggest nights in British TV, from the O2 Arena, London. Vying for prizes are all the headline-making shows of the year including the finale of *Gavin & Stacey*, the searingly powerful *Adolescence*, *Vera*'s poignant farewell and the attention-grabbing arrival of Jilly Cooper's *Rivals*. (S)

9 PM

10 PM

10.30 ITV News (S)

11.05 **Local News** (S)
11.20 **Stonehouse** 2/3. John draws suspicion from local police in Melbourne. (S1) (S)(R)(AD)
12.10 AM **British Touring Car Championship Highlights** (S)(R)
1.25 **Teleshopping**
3.00 **Tonight: How to Keep Your Money Safe?** Investigating how to keep money safe. (S)(R)
3.25 **The Dry** 1/8. (S2) (S)(R)(AD)
3.55 **Unwind with ITV** (S)
5.05 **to 6.00** AM **James Martin's Midweek Menu** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 13-16/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Texas. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** (S)(R)
4.00 **Help! We Bought a Village** New edition George tries to find out why his one-euro Sicilian townhouse was abandoned. (S)
5.00 **Chateau DIY** Debbie and Nigel create a brand-new terrace for their hot tub. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** In Almería, mother-and-son duo Sharon and Shaun catch up with love birds Janice and Bill. (S)(R)

8.00 Location, Location, Location

7 PM

7.00 News (S)

8 PM

8.00 NEW SERIES Location, Location, Location
Kirstie Allsopp helps first-time buyers find a home in Bristol for £280,000, while in nearby Bath, Phil guides an amateur basketball player through the city's period properties. (S)(AD)

9 PM

9.00 NEW SERIES The Donald Trump Show
Archive news footage is re-edited as drama in this take on the US President's second term in office, beginning with Trump's relationship with entrepreneur Elon Musk. (S)(AD)

10 PM

10.00 24 Hours in A&E
Trainee advanced clinical practitioner Emily Rowe oversees the treatment of a 40-year-old man who has suffered a facial injury from a machine at work. (S)(R)(AD)

11.05 **Brain Surgeons: Between Life and Death** Two patients must undergo brain surgery. (S)(R)(AD)
12.05 AM **The Great British Bake Off** (R)
1.25 **Ramsay's Kitchen Nightmares USA** From Brooklyn. (S)(R)
2.10 **Huge Homes with Hugh Dennis**
3.05 **Extraordinary Escapes with Sandi Toksvig** (S)(R)(AD)
4.00 **Location, Location, Location** (R)
4.55 **George Clarke's Amazing Spaces**
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 | 105 | 5 | 105 | 105 | 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **The Sunshine Murders** New episode *Island of Lies:* The duo investigate the death of a local taverna owner. (S)
3.55 **All Creatures Great and Small** *Broodiness:* 1/7. James worries that a young lad's dog is being mistreated. (S4) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Featuring dog-handling, cheese-making and a spot of decorating. (S)(R)(AD)
6.55 **News** (S)

8.00 Street Cops: Catching the...

7.00 **Supermarket Own Brands: Which Tastes Best?** New edition A look at the supermarket products which are replacing takeaways, including pizza, fancy meat platters and cocktails. (S)
7.55 **News** (S)

8.00 **Street Cops: Catching the Yobs** New edition Police brace themselves for trouble at the play-off final between Kettering and Telford with the biggest crowd ever seen at the non-league stadium. (S)

9.00 NEW SERIES **The Rumour** 1/5. Drama starring Rachel Shenton. A woman and her son move for a fresh start, but she accidentally spreads a rumour that a child killer is living there. *See feature, page 8.* (S1) (S)(AD)

10.00 NEW **My Boyfriend, My Rapist: The Secret Footage** The case of a young woman who discovered secret footage hidden on her own computer of her partner sexually assaulting her while she lay on her bed. (S)

11.30 **Murdered at First Sight** New edition Carlie Brucia. (S)
12.30 AM **Car Pound Cops** (S)(R)
1.00 **PlayOJO Live Casino Show** (S)
3.00 **Tutankhamun: Waking the Dead** Documentary. (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **Nick Knowles' Big House Clearout** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 | 109 | 340 | 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Big Cat Country** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 18/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Meat Is Murder:* Grampa's hidden hamburger past haunts him. (S)(R)
5.30 *Pretty Whittle Liars:* Cletus discovers his wife has been hiding a secret. (S)(R)
6.00 *Poorhouse Rock:* After Bart humiliates him at church, Homer finally teaches his son to admire him. (S)(R)
6.30 *Bart Gets an F:* Bart pulls out all the stops in order to pass a school exam. (S)(R)

8.00 Whale with Steve Backshall

7.00 **The Office (US)** *Conflict Resolution:* 21/22. Michael takes over conflict resolution duties. (S)(R)
7.30 *Casino Night:* 22/22. Dunder-Mifflin hosts a charity casino night in the warehouse. (S2) (S)(R)

8.00 **Whale with Steve Backshall** 2/4. Steve reveals the ingenious hunting strategies of whales and dolphins, using sound, skill, teamwork and strategy to catch their prey. (S)(R)(AD)

9.00 **Game of Thrones** *Baelor:* 9/10. Ned faces a decision to save Sansa's life, Tyrion is forced onto the battlefield, Robb seeks to prove himself in combat, and Daenerys' power comes under threat. (S)(R)(AD)

10.05 **Game of Thrones** *Fire and Blood:* 10/10. Robb's bannermen make a momentous declaration, Catelyn confronts Jaime Lannister about Bran's fall, and Arya tries to flee the capital. (S1) (S)(R)(AD)

11.05 **An Idiot Abroad 2** Karl Pilkington travels to Australia to swim with dolphins. (S)(R)(AD)
12.05 AM **The Force: North East** (R)
1.05 **Road Wars** Vehicle crime. (S)(R)
2.00 **Atomic** New episode 4/5. Max and JJ prepare for the uranium exchange. (S1) (S)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 18/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
2.30pm Politics Scotland (S) **3.15-3.45** Robson Green's Weekend Escapes (S)(R)(AD) **10.40** The Guest (S)(R)(AD) **11.40** Scotcast (S)(R) **12.10am** FILM The Krays (S) (1990, 18, 115min) ★★★ **2.05** Weather for the Week Ahead (S) **2.10-6.00am** BBC News (S)

N. IRELAND
Sky 966, Virgin 863, Freesat 966
10.40pm NEW SERIES Girl Fight (S) **11.10** FILM The Krays: As Scotland. **1.05am** The Hit List (S)(R) **1.50-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.00-7.30pm SOS: Extreme Rescues New edition (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
10.00-10.30pm True North: The Pleasure Boys (S)(R)

WALES
Sky 968, Freesat 968
7.00-7.30pm The One Show (S)

ITV1

No variations

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Y Ci Perffaith **12.30** Heno Aur **1.00** Adeiladu'r Freuddwyd: Camp Out West **1.30** Garddio a Mwy **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Hen Dy Newydd (AD) **4.00** Awr Fawr **5.00** Stwnsh **6.00** Ralio: Pencampwriaeth Rali'r Byd – Paraguay **6.30** Gwladfa: Gwilym Bowen Rhys **6.57** Newyddion **7.00** Heno New edition **7.30** Newyddion a'r Tywydd **8.00** Pobol y Cwm New episode (AD) **8.25** Pobol y Cwm New episode (AD) **8.55** Newyddion a'r Tywydd **9.00** Joey **9.30** Prosiect Pum Mil **10.30** Efaciwîs (AD) **11.30pm-12.05am** Bwyd Bach Shumana a Catrin

TV&Satellite week
More channels than any other TV magazine

BBC3

115/117/121 118 | 107/113 | 23 | 107 | 107 | 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories**
7.55 **The Catch Up**
8.00 **Freddie Flintoff's Field of Dreams: Ultimate Test** Freddie creates several new cricket teams of teenagers across the north west.
9.00 **Stacey & Joe** The daily lives of Stacey Solomon, Joe Swash and their children.
10.00 **Thailand: The Dark Side of Paradise** Series finale 3/3. After a wild and crazy night at Ko Phangan's Full Moon Party, Zara McDermott travels to Phuket.
10.45 **Billion Dollar Playground** Temperatures rise on a holiday as a heatwave hits.
11.30 Familiar faces might be checking out for good.
12.15 AM **Pretty Little Liars: Summer School**
1.55 **Thailand: The Dark Side of Paradise** As 10.00pm.
2.40 **The Fast and the Farmer-ish** A semi-final.
3.10 **Laugh Lessons**
3.15 **to 4.00** AM **Thailand: The Dark Side of Paradise**

BBC4

116 119 | 107/108 | 9/24 | 106 | 108 | 11

BBC4 programmes start at 7.00pm

7.00 PM **Planet Earth** Creatures inhabiting the deep oceans of the world.
8.00 **Britain's Nuclear Secrets: Inside Sellafield** Jim Al-Khalili explores the history of the nuclear facility in Cumbria, investigating Britain's attempts to harness the power of the atom.
9.00 **Tribe** 6/6. Bruce Parry travels up the Amazon to meet the Sanema people of Venezuela.
10.00 FILM **Witness for the Prosecution** Agatha Christie courtroom drama starring Charles Laughton, Marlene Dietrich and Tyrone Power. A veteran barrister defends a man accused of murder. (1957, b/w, U, 114min) ★★★★
11.50 **The Sky at Night** The team explore the expansion of the universe and the questions it raises.
12.20 AM **Rikki** Exploring the life and legacy of Rikki Fulton.
1.20 **Planet Earth**
2.20 **to 3.20** AM **Tribe**

MORE4

136/137 127 | 147 | 18 | 124 | 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me**
3.10 **Four in a Bed** Five editions of the series, including at: **4.50** A visit to Sheepy Lodge in Warwickshire. **5.20** The winner is revealed.
5.55 **Location, Location, Location** Kirstie Allsopp helps a single mother find a home in Devon. **6.55** Catching up with two sets of serial renters who had very particular tastes.
7.55 **Grand Designs** Identical twins Nik and Jon Daughtry build two near-identical houses next door to each other in Sheffield, paying tribute to the city's past.
9.00 **The Orient Express: A Golden Era of Travel** New edition 2/4. The train leaves Paris and heads east to Pforzheim, Munich, a city haunted by its dark past, and Salzburg, a city that pays tribute to its famous musical family.
10.00 **999: On the Front Line** A 60-year-old patient with severe chest pains is among the cases in Birmingham.
11.05 **Emergency Helicopter Medics** Documentary.
12.05 AM **The Orient Express: A Golden Era of Travel**
1.10 **24 Hours in A&E**
3.20 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 | 106 | 13 | 122 | 13

6.00 AM **Hollyoaks**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 11-14/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **Hollyoaks**
7.30 **The Simpsons** *The Simpsons' Spin-Off Showcase:* Troy McClure hosts three spin-off segments.
8.00 **First Dates** Thirty-two-year-old home-lover Sophie seeks the right guy.
9.00 **Celebs Go Dating** New edition Jon brings his boyfriend Jordan into HQ to meet the agents, and Liv worries she won't make a strong enough connection.
10.05 **Gogglebox** Programmes under review include *James May: Oh Cook!* and *The Crown.*
11.05 **First Dates**
12.05 AM **Naked Attraction**
1.10 **The Simpsons**
1.40 **Gogglebox**
2.40 **Celebs Go Dating**
3.35 **First Dates**
4.35 **Young Sheldon**
5.25 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

primetime

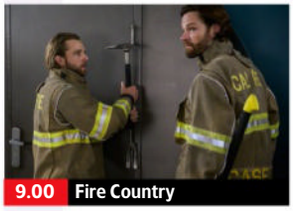
WEDNESDAY Entertainment

Wednesday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 14/22. An off-duty security agent is killed. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 13/22. The team race to find a kidnapped 14-year-old girl. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**



9.00 Fire Country

7 PM
7.00 Nothing to Declare Officers are suspicious regarding a Ferrari. **7.30** Customs officers question a Chinese man.

8 PM
8.00 The Equalizer *One Percenters:* 4/18. A motorcycle club seeks the team's help in keeping a member out of jail. (S3)

9 PM
9.00 Fire Country New episode *False Alarm:* 7/20. A false alarm call escalates into a hostage situation. (S3)
■ Entire series on Box Sets

10 PM
10.00 Matlock *No, No Monsters:* 8/19. A nanny is fired on suspicion of harming the children in her care. (S1).
11.00 Bull 17/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **The Equalizer** 3/18. (S3)
2.00 FBI New episode 6/22. (S7)
3.00 FBI: International New episode 6/22. (S4)
4.00 Nothing to Declare
5.00 to 6.00 AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Urban Secrets**
7.00 **Fish Town**
8.00 **True Blood** 9&10/10. (S6)
10.10 **Westworld** 5&6/10. (S2)
12.20 PM **Game of Thrones** (S2)
1.25 **Das Boot** 3&4/8. (S2)
3.35 **True Blood** 1/10. The opening episode of the final season. **4.40** 2/10. Sookie and Jason visit a nearby town. (S7)
5.45 **Homicide: Life on the Street** 2/20. A murder site is washed down prematurely. **6.50** 3/20. Beau decides to break up with Megan. (S3)

9.00 The White Lotus

7.55 Game of Thrones *The Prince of Winterfell:* 8/10. King in the North Robb Stark is incensed when he learns he has been betrayed by one of his closest friends. (S2)

9.00 The White Lotus *Special Treatments:* 2/8. Kate and Jaclyn discuss Laurie's divorce, while Timothy receives bad news. (S3)

10.15 Atomic *The End of Days:* 3/5. Max and JJ are forced to try to secure safe passage to Marrakech through Syria. (S1)
11.15 True Detective 1/8. (S3)
12.25 AM **In Treatment** (S1)
12.55 Succession 4/9. (S3)
2.05 Atomic New episode 4/5. (S1)
3.05 Game of Thrones As 7.55pm.
4.10 Dexter: New Blood (S1)
5.00 to 6.00 AM **Richard E Grant's Hotel Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 15/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 10/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **Magnum P.I.** 2/20. (S5)
4.00 **S.W.A.T.** 18/22. (S6)
5.00 **SEAL Team** 9/20. The unit protect aid convoys in an Ebola hot zone. (S3)
6.00 **Stargate Atlantis** 11/20. Sheppard races to rescue crew members from an ancient laboratory. (S5)

9.00 Blacklight

7.00 Stargate Atlantis *Outsiders:* 12/20. Sheppard and the team must persuade a village to evacuate. (S5)

8.00 There's Something About Movies With guests Stephen Graham, Kerry Godliman and Josh Widdicombe.

9.00 FILM Blacklight Action thriller starring Liam Neeson and Aidan Quinn. A government operative coming to terms with his shadowy past finds himself in the crosshairs of the FBI director he once helped protect. (2022, 15, 104min) ★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.00 An Idiot Abroad 2 3/8. Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest.
12.00 M'T **The Force: North East**
2.00 AM **Road Wars** Vehicle crime.
3.00 Magnum P.I. 2/20. (S5)
4.00 S.W.A.T. 18/22. (S6)
5.00 to 6.00 AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **CITV**
7.45 **Dinner Date**
8.40 **Billie and Greg**
10.00 **The Only Way Is Essex**
10.40 **Real Housewives of Potomac**
11.35 **Real Housewives of New...**
12.30 PM **Billie and Greg**
1.30 **The Only Way Is Essex**
2.30 **The Bachelor Australia** New edition Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase** With Ashley Roberts.

9.30 Universal Basic Guys

7.00 Deal or No Deal Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing cash.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 Family Guy 17/20. (S18)
9.30 Universal Basic Guys New episode 3/13. Mark and his stepson encounter the Jersey Devil. (S1)

10.00 Family Guy 18/20. A mix-up results in a report that Meg has been killed. **10.30** 12/20. Peter is grounded by Lois. (S18)
11.00 Family Guy 13/20. (S18)
11.30 American Dad! (S14&13)
12.30 AM **Bob's Burgers** 15/22. (S9)
1.00 Olivia Attwood's Bad Boyfriends Reality series.
2.00 Karaoke Club: Drag Edition
3.00 Teleshopping
4.00 to 4.30 AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** (S2&3)
10.20 **The Royal** *Doing Time.*
11.25 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 2/7. Bert decides to open a restaurant. **4.45** 3/7. New neighbours look set to disturb the tranquillity of Portwenn. (S3)
5.50 **Heartbeat** *Twists of Fate:* A mystery visitor surprises Greengrass with a talent.

10.00 Law & Order: UK

6.55 Heartbeat *The Angry Brigade:* Lord Ashfordly antagonises ramblers by closing off a public footpath across his land.

8.00 Vera *The Moth Catcher:* DCI Stanhope investigates a murder at a remote country house, but no sooner does she arrive, than a second body is found and a connection starts to emerge between the victims.

10.00 Law & Order: UK *Haunted:* 3/7. Brooks is forced to reopen a case when a dying crack addict confesses to murder. (S6)
11.00 Law & Order: UK 4/7. The detectives try to bring a criminal mastermind to justice. (S6)
11.55 Agatha Christie's Poirot *The Double Clue:* A beautiful thief steals Poirot's heart.
1.00 AM **The Tower** 4/4. (S3)
2.00 to 3.00 AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Home of the Year** The judges visit three properties in the central region.
8.00 **This Farming Life** The Barclay boys and Rachel and Camy enter the Royal Highland Show.
9.00 **Highland Cops** A royal visit to Skye puts pressure on local police.
10.00 **Designing the Hebrides** Updating a crumbling bothy on the small island of Ulva.
10.30 **Gary: Tank Commander** 6/6. Gary auditions for an army advertising campaign. (S2)
11.00 **Scotcast** New edition Topical discussion.
11.30 PM **to 12.00** M'T **The Scandals That Shocked Scotland** A case that put fingerprint evidence in the dock.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S4)
11.20 **Girls** 1&2/10. (S2)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S2)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S2)
6.45 **Will & Grace** 11/24. An old friend visits Will. **7.15** 12/24. Guest stars Markus Flanagan. (S2)
7.45 **Sex and the City** 10/18. Steve feels insecure. **8.25** 11/18. Miranda tells Carrie she is pregnant with Steve's baby. (S4)
9.00 **Alex Edelman: Just For Us** Stand-up show.
10.40 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.40 **And Just Like That...**
12.35 AM **Entourage** (S3)
1.05 **Veep** 5&6/10. (S6)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Cirque du Soleil**
8.05 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.05 **Hitchcock Presents**
11.05 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **My Week with Lubaina Himid** Documentary.
3.00 **Painting Birds with Jim and Nancy Moir**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Science Fiction in the Atomic Age**
9.00 **Buster Keaton: Genius Crushed by Hollywood**
10.00 **I Am Alfred Hitchcock**
11.45 **Laurie Lee: The Lost Interview**
12.45 AM **Stephen King on Screen** Documentary.
2.45 **The Sky Arts Book Club**
3.45 **A Play in a Day**
4.45 **to 6.00** AM **National Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager** (S2)
7.00 **Star Trek: The Next Generation** 3/26. (S3)
8.00 **Star Trek: Deep Space Nine** *Sword of Kahless:* 9/26. Worf and Dax search for a legendary Klingon artefact. (S4)
9.00 **The Rookie** (S5)
11.00 **Grimm** 12/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Rapid Response** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Wheel of Fortune**
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Orla gets her chance to open the red boxes and take on the Banker.
9.00 **Beat the Chasers** Contestants from across the UK take on a team of Chasers.
10.00 **Tipping Point** Triple bill of the arcade-themed game show hosted by Ben Shephard.
12.50 AM **Beat the Chasers** More contestants from across the UK take on a team of Chasers.
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Murder, She Wrote**
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 17&18/24. (S4)
12.00 NOON **Highway to Heaven** 18/24. (S2)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Palomino** Romance.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 5/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** (S1)
9.00 **FILM The Likely Lads** Comedy spin-off. (1976, PG, 90min) ★★
11.00 **Rising Damp** 5/7. (S1)
11.30 **Man About the House**
12.00 M'T **M*A*S*H** (S10)
1.00 AM **Home to Roost** (S1)
1.30 **A Fine Romance** (S1)
2.00 **Danielle Steel's Palomino** Romance.
3.30 **M*A*S*H** 13/22. (S10)
4.05 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **The Saint**
7.20 **Kojak** Double bill.
9.25 **Magnum, PI** Double bill.
11.30 **Robin of Sherwood**
12.35 PM **BattleBots**
1.40 **Kojak** Double bill.
3.45 **Magnum, PI** *Limited Engagement:* Thomas befriends two elderly sisters. **4.50** *Letter to a Duchess:* A duchess pursues Thomas.
5.55 **The Saint** *Little Girl Lost:* Simon tries to help a girl who claims to be Hitler's daughter.

8.00 The Chase Celebrity Special

7.00 The Motorbike Show Henry and Sam try out a motorbike with an extra wheel in the form of a custom trike.

8.00 The Chase Celebrity Special Adam Jones, Monica Dolan, Dom Wood and Dick McCourt take part in the quiz.

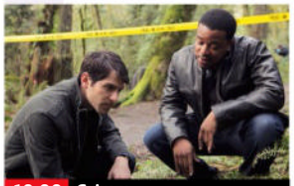
9.00 FILM A Fistful of Dollars Sergio Leone's Spaghetti Western starring Clint Eastwood as the nameless stranger who rides into a small Mexican border town run by two rival gangs. With Marianne Koch. (1964, 15, 96min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.10 Wrestling: AEW Collision Hard-hitting action, featuring stars including FTR, Thunder Rosa, Jon Moxley, Jay White, Bryan Danielson and Miro.
1.05 AM **BattleBots**
2.05 **The Protectors**
2.35 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 14/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 2/26. (S2)
2.00 **Primeval** 6/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 6/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 14/26. The *Enterprise* lands on a planet ruled by women. (S1)



10.00 Grimm

7.00 Primeval 6/7. Former ARC member Jenny Lewis helps the team on her wedding day. (S4)

8.00 Stargate Atlantis *Tabula Rasa:* 6/20. A deadly virus causes amnesia in everyone but Teyla and Ronon. (S4)

9.00 The Ark *Every Single Person Matters:* 8/12. As the crew suffer technical difficulties, a new figure enters the equation. (S1)

10.00 Grimm *Pilot:* 1/22. First episode. A Portland homicide detective learns he is descended from hunters tasked with protecting humanity. (S1)

11.00 FILM 2025 Armageddon Sci-fi adventure with Anthony Jensen. (2022, 12, 90min) ★★
1.00 AM **FILM Swim** Horror with Joey Lawrence Jennifer Field. (2021, 15, 86min) ★★
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** See 6.00pm.
10.00 **The Mentalist** 13/23. (S2)
11.00 **Hudson & Rex** 6/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 13/23. (S2)
5.00 **Hudson & Rex** 6/16. Charlie and Rex investigate the murder of a wealthy man. (S6)
6.00 **Father Brown** *The Lair of the Libertines:* The priest and his friends become stranded with a group of hedonists.

9.00 Mudtown

7.00 Body of Proof *Buried Secrets:* 8/9. Megan investigates the death of a Philadelphia homicide detective. (S1)

8.00 Death in Paradise *Dark Memories:* 7/8. Someone from JP's past is caught red-handed at a murder scene. (S7)

9.00 Mudtown New episode *Fight Dirty:* 4/6. Beca and Sonny's involvement in the fire becomes evident. (S1)
■ Entire series on Box Sets

10.00 Father Brown *The Company of Men:* The sleuthing cleric helps out a friend at an exclusive gentlemen's club.
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 14/16. When Neal's old rival kidnaps Peter, he must race against time and defy the FBI to save him. (S2)
1.00 AM **Death in Paradise** (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Don't Wait Up**
7.50 **Keeping Up Appearances**
8.25 **Last of the Summer Wine**
9.40 **Hi-de-Hi!**
10.20 **Open All Hours**
11.00 **Last of the Summer Wine**
12.20 PM **Don't Wait Up**
1.00 **Keeping Up Appearances**
1.40 **Dad's Army**
2.20 **Open All Hours**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder the Third**
6.20 **Hi-de-Hi!**

7.40 Open All Hours

7.00 Dad's Army The platoon head off for a weekend at a training camp.
7.40 Open All Hours Arkwright feigns an illness to get the attention of Nurse Gladys Emmanuel.
8.20 Blackadder Goes Forth Captain Blackadder develops an interest in art.

9.00 Blackadder Goes Forth Captain Blackadder faces a firing squad for killing a carrier pigeon.
9.40 Not Going Out Lee lets out Lucy's flat to a film director for £500.
10.20 The Office David makes easy money moonlighting at a business seminar.
11.00 **Blackadder Goes Forth**
12.20 AM **The Thin Blue Line** A plumbing crisis hits the station.
1.00 **Not Going Out** As 9.40pm.
1.40 **The Office** As 10.20pm.
2.30 **Dad's Army** As 7.00pm.
3.00 **The Thin Blue Line**
3.30 **to 4.00** AM **The Office**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Outback Pilots** Double bill.
12.00 NOON **Storage Hunters UK**
2.00 **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The seafood chef visits the Spanish city of Cadiz.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers celebrate quality produce that needs to be cooked with the respect it deserves.

10.00 Outback Pilots

7.00 Would I Lie to You? With Jo Brand, Emma Bunton, Jonnie Peacock and Shaun Williamson.
7.35 Richard Osman's House of Games With Maisie Adam and Rory Bremner. **8.15** With Darren Harriott, Charlie Brooks, Les Dennis and Melinda Messenger.

9.00 QI XL Julian Clary, Ross Noble, Bill Bailey and Alan Davies tackle Stephen Fry's questions on the theme of jumpers.

10.00 Have I Got a Bit More News for You Richard Ayoade hosts, with guest panellists Mick Lynch and Roisin Conaty.
11.00 **Taskmaster** The celebrities face an egg cup challenge.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Dave Gorman: Modern Life Is Goodish**
3.00 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Kirstie and Phil's Love It or List It: Brilliant Builds** The duo tackle future-proofing.
7.30 **The Great British Bake Off** Biscuit Week arrives for the bakers as they take on a 'slice and bake' signature.
9.00 **Gogglebox** The armchair critics give their thoughts on the week's TV.
10.00 **Educating Yorkshire** The pressure of secondary school starts to get real for Year 10 pupil Casey, who is dyslexic.
11.05 **The Inheritance**
2.10 AM **Griff's Great American South**
3.10 **Gogglebox** As 9.00pm.
4.10 **to 4.40** AM **Travel Man: 48 Hours in Dublin**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 14-16/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Safe Harbour:* 5/24. A coastguard officer is found dead on board a cargo ship. **7.00** *Thirst:* 6/24. A US Navy lieutenant dies of overhydration. **8.00** *Devil's Triangle:* 7/24. A Homeland Security employee goes missing and the team's investigation becomes complicated. (S9)
9.00 **Criminal Minds** *Cure:* 13/22. A killer is leaving cryptic messages inside the victims' mouths. **10.00** *Miasma:* 14/22. A mass grave is discovered in a New Orleans cemetery. (S13)
11.00 **Law & Order: Special Victims Unit** (S19)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **Call the Bailiffs: Time to Pay Up** Agents enforce a debt involving a man who owes nearly £5000 in legal fees.
10.00 **999: Critical Condition**
11.00 **Broadmoor: For the Criminally Insane**
12.00 M'T **Banged Up Abroad**
1.00 AM **GPs: Behind Closed Doors** Medical series.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.55 **Trucking Hell**
11.55 **Traffic Cops**
12.55 PM **Police Interceptors**
2.55 **FILM Red River Range** B-western. (1938, b/w, U, 56min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Rookies & Raids: Police Interceptors Special**
7.00 **Police Interceptors**
9.00 **Traffic Cops** A search is triggered for a suspected cloned car linked to multiple burglaries.
10.00 **Police: Suspect No 1** Detectives hunt for a sexual predator.
11.00 **MacGyver** 7/23. (S2)
12.00 M'T **La Brea** New episode 8/14. The Harrises return to 10,000 BC. (S2)
1.00 AM **The Tube: Keep London Moving!**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Junda Khoo sets a laksa taste-test.
8.15 **Inside the Ambulance** A woman gets run over by a bin lorry.
8.50 **One Born Every Minute** A mother risks her life to have a third child. **9.50** The roles men play as birthing partners.
10.55 **Stacey Dooley Sleeps Over** A mother-of-eight who has openly shared her state-funded lifestyle.
11.55 **First Responders**
12.55 AM **Joe Wicks: Facing My Childhood**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.30 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.15 **Soldier, Soldier**
3.20 **Doctor Blake Mysteries**
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **The Chelsea Detective**
9.00 **A Remarkable Place to Die** New episode *Over the Edge – Part Two:* 2/8. Anais begins to cement a relationship with her new police 'family'. (S1)
■ Entire series on U
10.00 **New Tricks**
11.20 **Spooks** 10/10. (S6)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

7 PM
8 PM
9 PM
10 PM

Wednesday

WEDNESDAY Entertainment

Wednesday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Victoria Hervey.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** The trek ends in Oxford, with James searching sheds. **8.00** David Harper and Izzie Balmer search for bargains in Scotland.
9.00 **Dr Pimple Popper**
10.00 **Britain's Fattest People: Shut-Ins** New edition In Northampton, single mum Emily is a binge eater, and has more than doubled her weight in the last seven years.
11.00 **Dr Pimple Popper**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** With Bill Oddie and Lynda Bellingham.
5.00 **The Bidding Room**
7.00 **The Celebrity Chase** With Jimmy Carr, Jack P Shepherd, Matt Dawson and Sally Bercow.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
12.00 M'T **Bullseye** Double bill of the darts-based quiz.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.00 AM **Wanted: Dead or Alive** Double bill.
10.00 **FILM Buchanan Rides Alone** Classic Western. (1958, U, 78min) ★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Decision at Sundown** Western. (1957, PG, 77min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!**
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Rambo** Drama. (2008, 18, 90min) ★★★
10.55 **FILM Escape Plan 3** Action thriller sequel. (2019, 15, 97min) ★
12.55 AM **The Avengers**
1.55 **The New Avengers**
2.55 **Cops Uncut** Double bill.
3.50 **FILM Asteroid-a-geddon** Drama. (2020, PG) ★★
5.25 **to 5.50** AM **Cops Uncut**
+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **FILM Campus Caller** Thriller. (2016, 12) ★★
10.00 **Unforgettable** (S1)
11.00 **Castle** 4/10. (S1)
12.00 NOON **FILM An Aurora Teagarden Mystery: A Bone to Pick** Drama. (2015, PG, 84min) ★★
1.55 PM **FILM An Aurora Teagarden Mystery: Real Murders** Drama. (2015, PG, 90min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 5/10. (S1)
8.00 **Unforgettable**
9.00 **The Ruth Rendell Mysteries** Drama.
11.10 **FILM Killer Dearest** Thriller. (2018, 12) ★
1.05 AM **FILM A Housekeeper's Revenge** Thriller. (2016, PG) ★★
2.55 **FILM Til Ex Do Us Part** Thriller. (2018, 12) ★★
4.25 **to 4.50** AM **Police Ten 7**
+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM A Christmas to Savour** (2021, U) ★★
10.05 **FILM A Very Country Christmas** (2017) ★★
12.05 PM **FILM Holiday Road Trip** (2013, PG) ★★
2.00 **FILM Christmas on Holly Lane** (2018) ★★
4.00 **FILM Runaway Christmas Bride** Drama. (2017, PG, 90min) ★★
6.05 **FILM My Christmas Fiancé** Festive drama. (2022, PG, 90min) ★★
8.00 **FILM Hearts of Christmas** Drama. (2016, PG, 86min) ★★
10.00 **FILM Fixing Up Christmas** Drama. (2021, PG, 85min) ★
11.50 **FILM Oh Christmas Tree!** Festive comedy. (2013, U, 87min) ★★
1.45 AM **FILM An Old Fashioned Thanksgiving** Drama. (2008, PG) ★★
3.25 **to 4.50** AM **FILM Charming Christmas**
+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
9.00 **Bubblegum & Cheese**
10.00 **Bewitched** (S1)
10.30 **Soap** 1/25. (S1)
11.00 **In Loving Memory** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **Kane & Abel**
3.00 **Bramwell** (S3)
4.00 **Born Free** 13/13. (S1)
5.00 **A Sharp Intake of Breath** 6/6. (S4)
5.30 **In Loving Memory** (S1)
6.00 **The Monkees** (S1)
6.30 **Soap** 1/25. (S1)
7.00 **Carry On Laughing**
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **A Sharp Intake of Breath** 6/6. (S4)
9.00 **Please Sir!** (S3)
9.30 **Brass** 11/13. (S2)
10.00 **Game On** 4/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **Kane & Abel** (S1)
2.05 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch**
9.00 **Barnwood Builders** New editions The team travel to Ripley, West Virginia, to take down a quintessential log cabin. **10.00** The crew travel to Flintstone, Maryland to help homesteaders save a unique double pen bank barn.
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Jamie's Easy Meals for Every Day**
7.00 **Rachel Allen: Bake!**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Islands to Highlands**
2.00 **James Martin's French Adventure**
3.00 **Rachel Allen: Bake!**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Hairy Bikers Go North**
10.00 **The Hairy Bikers' Comfort Food**
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 22/24. (S8)
9.00 **The Fall Guy** (S3)
10.00 **Charlie's Angels** (S1)
11.00 **FILM Dark Storm** Sci-fi. (2006, 15, 89min) ★★
1.00 PM **FILM Instrument of War** War drama. (2017, 12, 90min) ★★
3.00 **FILM Between Heaven and Hell** War drama. (1956, PG, 94min) ★★
5.00 **Star Trek** 12/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** (S3)
8.00 **Walker, Texas Ranger**
9.00 **FILM In the Line of Duty** Crime thriller starring Aaron Eckhart. (2019, 15, 98min) ★★
11.00 **FILM Kickboxer** Martial arts thriller. (1989, 18, 105min) ★
12.55 AM **FILM No Mercy** Thriller with Richard Gere. (1986, 15, 105min) ★
3.00 **to 4.50** AM **FILM The Resident** Horror thriller. (2011, 15, 91min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM Zodiac: Signs of the Apocalypse**
8.00 **FILM Shark Season** Thriller. (2020, PG) ★★
10.00 **Andromeda** 19/22. (S1)
11.00 **FILM Asteroid v Earth** Sci-fi disaster movie. (2014, 15, 91min) ★★
1.00 PM **FILM Beware! The Blob** Comedy sequel. (1972, 15, 87min) ★★
3.00 **Andromeda** 19/22. (S1)
4.00 **Six Million Dollar Man**
5.00 **FILM Zodiac: Signs of the Apocalypse** Sci-fi disaster movie. (2014, PG, 120min) ★
7.00 **Andromeda** 20/22. (S1)
8.00 **Six Million Dollar Man**
9.00 **FILM The Kid** Western adventure starring Chris Pratt and Ethan Hawke. (2018, 15, 100min) ★★★
11.00 **FILM The Hunter's Prayer** Action thriller. (2017, 15, 91min) ★★
1.00 **to 3.00** AM **FILM The Kid** As 9.00pm.
+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs Declassified**
11.10 **The UnXplained**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **MonsterQuest**
10.00 **World's Most Unexplained...**
11.00 **The Proof Is Out There**
12.00 M'T **Mission Unexplained**
1.00 AM **UFOs Declassified**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of Buckingham Palace with Alexander Armstrong**
11.00 **Ben Fogle: New Lives in the Wild** Iceland.
12.00 NOON **Loch Lomond: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of the Royal Traditions** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Rathlin.
9.00 **Mysteries of the Pyramids with Dara O Briain** Intriguing mysteries surrounding the world's pyramids. **10.00** The battle between tomb raiders and tomb builders.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home International**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** A former dairy.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** In Shropshire.
9.00 **Chasing the West** New edition A family want a peaceful retreat.
10.00 **Renovation Aloha** New edition A house with a mould-infested room and roof damage.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home**
9.00 **Curvy Brides Boutique**
10.00 **Say Yes to the Vegas Dress** Reality series.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple...**
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish**
3.00 **Outdaughtered**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Sister Wives**
8.00 **Dr Mercy** Medical series.
9.00 **Brides, Grooms and Emergency Rooms**
10.00 **1000-lb Sisters**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Documentary.
1.00 AM **Extreme Couponing**
2.00 **Dr Pimple Popper**
3.00 **Body Bizarre**
4.00 **1000-lb Sisters**
5.00 **to 6.00** AM **Extreme Couponing**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
10.00 **Last Man Standing** (S8)
11.00 **Everybody Loves Raymond** (S8)
1.00 PM **Friends** (S3&4)
7.30 **Friends** 14/24. Chandler visits a strip club. **8.30** 15/24. Ross agrees to a game of rugby. (S4)
9.00 **Bradley & Barney Walsh: Breaking Dad**
10.00 **8 Out of 10 Cats**
10.30 **8 Out of 10 Cats: Best Bits** Series highlights.
11.00 **Iain Stirling's Roast the Internet** With Guz Khan, Lara Ricote and Lou Wall.
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **South Park**
2.00 **Utopia** 4/8. (S1)
2.30 **Kiri Pritchard-McLean: Home Truths**
3.25 **Your Face or Mine**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 8&9/13. (S1)
11.00 **Friends** 14-17/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 10&11/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S8)
7.00 **Everybody Loves Raymond** Four episodes, including at: **8.00** 22/23. A stranger reveals that Frank used to be his mentor. **8.30** 23/23. Robert and Ray clash. (S8)
9.00 **South Park** (S5,6&7)
12.00 M'T **Beavis and Butt-Head** (S5)
2.00 AM **Key & Peele**
3.00 **Teachers** 3&4/10. (S1)
3.45 **Drunk History**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **Hold the Front Page**
12.00 NOON **UK Border Force**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **NCIS: New Orleans**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Border Security USA**
7.00 **SEAL Team** (S1)
9.00 **Road Wars** Officers are called to a scene where a naked man is refusing to leave his car bonnet.
10.00 **Last King of the Cross**
12.00 M'T **The Russell Howard Hour**
1.00 AM **A League of Their Own: Mexican Road Trip**
2.00 **Duck Quacks Don't Echo** Lee Mack hosts.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
1.00 PM **Catfish: Love Triangles** Reality series.
2.00 **Catfish: Teams**
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **FriendZone**
7.00 **Teen Mom 2**
8.00 **Ghosted: Love Gone Missing** Reality series.
9.00 **My Lover, My Killer** Real life cases of people murdered by their own partners.
10.00 **Caught in the Act: Double Life** New edition The case of Taylor and Markie.
11.00 **MTV Video Music Awards** From New York.
2.00 AM **Geordie Shore: Aaron & Sophie's Story**
2.45 **Celeb Ex in the City**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Documentaries

10 September Wednesday

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Scrap Kings** Double bill.
5.00 **Building Off the Grid** A cannabis farmer joins forces with a bio architect and hemp expert to build a hemp cottage in California.
6.00 **Hoffman Family Gold** Desperate to run more paydirt, Todd fires up the weathered and worn Big Trommel.

10.00 Roadworthy Rescues

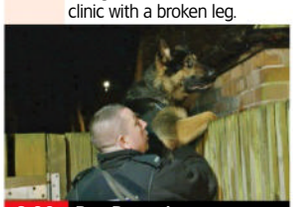
7.00 **Wheeler Dealers: Dream Car** Mike and Marc help farmer Tom trade up an old Jaguar and a tractor to a DeLorean.
8.00 **Mega Shippers** Marine officer Gary Olden clears a path in Southampton for the 400-metre *Mathilde*.
9.00 **Street Outlaws: Locals Only** New edition Michiganders compete for $5,000, and a racing wagon surprises everyone.
10.00 **Roadworthy Rescues** New edition It's hay season in Tennessee, and Derek needs a tractor with more horsepower.
11.00 **Mystery at Blind Frog Ranch**
12.00 M'T **Blowing Up History**
1.00 AM **Street Outlaws: Locals Only** As 9.00pm.
2.00 **Roadworthy Rescues**
3.00 **Kindig Customs** Dave attends a car show in Oregon.
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Life at Vet University**
10.00 **Tanked** A one-of-a-kind tank.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** Double bill.
5.00 **Lone Star Law** Game Wardens get tough on the Gulf when an oysterman's catch doesn't add up.
6.00 **Dr Jeff: Rocky Mountain Vet** Dr Jeff and his team work on a dog that is rushed into the clinic with a broken leg.



8.00 Dog Detectives

7.00 **Treehouse Masters** Alain Laurens joins Pete on his travels through France, where he shares his fantastical structures.
8.00 **Dog Detectives** Rookie Alsatian Kane has a busy night shift with handler, PC Harris, going after a burglar.
9.00 **Alaska: The Last Frontier** Atz Lee and Eivin travel 160 miles and brave the bears of 'Terrible Island' to hunt deer.
10.00 **Alaskan Bush People** The Wolfpack brace for a looming wildfire, while Ami and Billy return with an important health update.
11.00 **Pit Bulls & Parolees** The crew head to a dangerous rescue.
12.00 M'T **Crikey! It's the Irwins** A giraffe birth causes great excitement at the zoo.
1.00 AM **Dog Detectives**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Inside 9/11**
2.00 PM **Erased: WWII Heroes of Colour** The untold story of the Black Panthers.
3.00 **Nazi Megastructures**
4.00 **Pirates: Behind the Legends**
5.00 **Car S.O.S** Fuzz and Tim restore a Citroën SM.
6.00 **Hitler's Last Stand** The advance on a Nazi occupied castle in Northern Italy.

9.00 Car S.O.S

7.00 **Air Crash Investigation** Investigators try to solve the mystery of why a brand new design of jet crashed during a flight.
8.00 **Car S.O.S** Tim and Fuzz come to the rescue of their first-ever custom car – a modified VW Beetle called a VW Wizard.
9.00 **Car S.O.S** Fuzz and Tim head to Bournemouth, Dorset, to surprise a car owner with a makeover for his Ford Anglia.
10.00 **Engineering Europe** The UK's engineering wonders revealed, including innovative electric flying machines.
11.00 **Air Crash Investigation**
12.00 M'T **Naming the Dead**
12.50 AM **To Catch a Smuggler: Tropical Takedown**
1.50 **Made in a Day**
2.20 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People**
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **Mysteries Unearthed with Danny Trejo**
1.00 PM **Curse of Skinwalker Ranch** As 9.00pm.
2.00 **Beyond Skinwalker Ranch**
3.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
5.00 **Storage Hunters** Double bill.
6.00 **American Pickers** Mike visits a time-capsule drugstore.

8.00 Alien Corridors

7.00 **Forged in Fire** Four bladesmiths must craft a hatchet, then two are tasked with re-creating the Maasai lion spear.
8.00 **Alien Corridors** New edition A team of multi-disciplined experts investigate what Alien Corridors are.
9.00 **Curse of Skinwalker Ranch** New edition The experts find themselves surrounded by a shocking phenomenon.
10.00 **Beyond Skinwalker Ranch** New edition Andy and Paul head to northern California to investigate Mount Shasta.
11.00 **World's Most Unexplained...** Double bill of editions.
12.00 M'T **Haunted Hospitals** A morgue attendant is confronted by the angry ghost.
12.55 AM **Mysteries Unearthed with Danny Trejo**
1.50 **Curse of Skinwalker Ranch**
2.50 **Adventure Gold Diggers**
3.40 **Pawn Stars** An obesity cure.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Adolf Hitler's War**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Adolf Hitler's War**
6.00 **Antiques Roadshow** Fiona Bruce presents highlights and updates from the past year.

9.00 Train Rescue Down Under

7.00 **Tropic of Capricorn** On the final leg of his journey around the world, Simon Reeve follows the tropic across South America.
8.00 **Train Truckers** A restored Class 47 diesel engine is transported from Cheshire to the Ecclesbourne Valley Railway in Derbyshire.
9.00 **Train Rescue Down Under** New edition In Perth, the pressure is on for a team tackling a high-stakes engine rebuild.
10.00 **Bangers & Cash: Restoring Classics** The team take Derek's advice when he sniffs out the last remaining Hillman GT.
11.00 **Bangers & Cash** A 1967 Aston Martin DB6 could be the most expensive car ever sold at the auction.
12.00 M'T **Find It, Fix It, Flog It** Items include a butter churn.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great Continental and Indian Railway Journeys**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Goblin Works Garage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** The 17th stage of the Grand Tour race.
8.00 **The Yorkshire Auction House** The team face the mammoth task of clearing a collection of bow top caravans. **9.00** Brothers sell their late mum's furniture.
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes... Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's Crime Stories**
12.00 NOON **Love, Honor, Betray** True-crime.
1.00 PM **American Detective with Lt Joe Kenda**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories** Adele Bellis.
8.00 **Murder on CCTV**
9.00 **Before They Kill Again**
10.00 **The Killer in My Family**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Carla Fuqua.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
12.00 NOON **Judge Judy**
7.00 PM **Fraud Squad** A GP surgery manager has blown NHS cash, and a fraudster cashes in on terror attacks.
8.00 **Killers: Caught on Camera** A hidden recording exposes Casey Devil murdering his sister and her partner.
9.00 **Bloodline Detectives** Examining the attack and sexual assault of a teenage girl in 1986. **10.00** In 2001, a couple were brutally assaulted.
11.00 **Britain's Countryside Killers** Michael O'Leary is murdered by his best friend Andrew Jones.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives**
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Facing Evil** Double bill.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Facing Evil** Double bill.
5.00 **Medical Detectives** A young woman's call girl image is revealed when she goes missing. **5.30** Three Indiana construction workers are found executed. **6.00** When a teacher was found dead, the police suspect his wife. **6.30** An ex-con resolves to live a clean life after his release from prison, and when he is arrested for a murder, he insists he is innocent.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Snapped** April Quick.
12.00 NOON **Murdered at First Sight** Robin Chard.
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **What the Killer Did Next** Debbie Starbuck.
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Most Evil Killers**
9.00 **Killer in My Village**
10.00 **How I Caught the Killer**
11.00 **Britain's Most Evil Killers**
12.00 M'T **Murder Uncut**
12.55 AM **How I Caught the...**
2.00 **Killer in My Village**
3.00 **Snapped** Documentary.
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of the Scottish Islands**
8.40 **Countdown to WWII**
9.50 **Thirties in Colour: Countdown to War**
10.55 **Cleopatra** As 9.00pm.
11.55 **Egypt's Darkest Hour**
1.00 PM **The Invention of Surgery** Documentary.
2.00 **Countdown to WWII**
3.15 **Thirties in Colour: Countdown to War**
4.20 **Grand Tours of the Scottish Islands**
4.55 **Cleopatra** As 9.00pm.
5.55 **Egypt's Darkest Hour**
6.55 **Countdown to WWII**
8.00 **Thirties in Colour: Countdown to War**
9.00 **Cleopatra** Part two of two. Dramatised documentary about the iconic Egyptian ruler.
10.00 **Egypt's Darkest Hour**
11.00 **Thirties in Colour: Countdown to War**
12.00 M'T **Cleopatra**
1.05 **to 2.00** AM **Grand Tours of the Scottish Islands**

WEDNESDAY

Wednesday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Last Movie Stars**
7.00 **Discovering: Tim Robbins**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Shaq** As shown at 7.00pm.
11.00 **The Jinx: The Life and Deaths of Robert Durst** As 8.00pm.
12.00 NOON **Music Box**
2.00 PM **Queen of Speed**
4.00 **Discovering: Tim Robbins**
5.00 **The Directors**
6.00 **The Eighties**
7.00 **Shaq** 3/4. Simmering tension between Shaq and Kobe Bryant threatens to derail the LA Lakers' dynasty.
8.00 **The Jinx: The Life and Deaths of Robert Durst** 3/6. The property tycoon recalls the events of 2000.
9.00 **Six Silent Killings: Ireland's Vanishing Triangle** 1&2/2. Examining the investigations into the disappearances of six women in the 1990s.
11.00 **The Crime of the Century**
3.10 AM **The United Way**
5.00 **to 6.00** AM **Discovering: Tim Robbins**

Sky Nature

145 113/114 189 354 369

6.00 AM **Animal Empires**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Living Beach**
10.00 **Dawn to Dusk**
11.00 **Big Cat Country**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Living Beach**
4.00 **Dawn to Dusk**
5.00 **Into the Wild: Colombia**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Whale with Steve Backshall** The ingenious hunting strategies of whales and dolphins.
9.00 **Arctic Secrets** Salmon journey along the Yukon River.
10.00 **Wild Birds of Australia** Exploring the world of emus.
11.00 **Into the Wild: Colombia**
12.00 M'T **Big Cat Country**
1.00 AM **Animal Empires**
2.00 **Whale with Steve Backshall**
3.00 **Arctic Secrets**
4.00 **Africa's Wild Year**.
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries** Actor Laurence Fishburne explores the enduring mystery surrounding the death of Egypt's iconic ruler, King Tutankhamun.
7.00 **Battle 360** The Japanese attack on the USS *Enterprise*. **8.00** The USS *Enterprise*'s role in the Gilbert Islands invasion.
9.00 **Ramses the Great: King of Ancient Egypt** Exploring the childhood years of pharaoh Ramses the Great.
10.00 **Ghost Ships** The *Ghost Ship of Northumberland Strait*.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Cops Who Kill with Will Mellor**
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **Lie Detector: Truth or Deception** New edition
10.00 **NEW Fame & Fentanyl** Ice-T reveals stories of celebrity drug use, including Prince.
12.00 M'T **Somebody's Hiding...**
1.00 AM **Lie Detector: Truth or...**
2.00 **Imperfect Murder**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Wild, Smart and Deadly**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Rare Cat Skills**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo: The Wild Side**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A rare pangolin pregnancy unfolds at the Columbus Zoo.
8.00 **Incredible Animal Journeys** Alaska's great salmon run. **9.00** Animals racing south to make the most of the short Antarctic summer.
10.00 **Lawless Island** Port Protection residents work to ensure the safety of the community.
11.00 **Ice Road Rescue**
12.00 M'T **Wild, Smart and Deadly**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Planes That Changed the World** A look at the DC3, the rigorously tested twin-engine passenger airliner that helped to revolutionise air travel in the 1930s and 1940s.
9.00 **Ancient Unexplained Files** Advanced laser scanning uncovers the identity of a mysterious ancient carving.
10.00 **How Do They Do It?**
11.00 **World's Top 5**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** A car driven by teenage joyriders plunges into a deep ditch, and a punter falls through the floor of his local betting shop in a bizarre accident. **8.00** Emergency services race to the scene when a man is shot outside a mosque. **9.00** A dangerous driver in a pick-up truck causes carnage when his vehicle rolls over, and the HART team are called to free him and his passenger from the wreckage **10.00** A hitman linked to a drugs gang guns down two men in a supermarket car park. **11.00** The team are called to a major fire in a chemicals factory, and paramedics join firefighters desperately searching for teenagers reported missing in a swollen river.
12.00 M'T **999 Rescue Squad**
5.20 **to 6.00** AM **The Bill**

+1hour 266 376

ID

154 141 166

8.00 AM **Forbidden: Dying for Love**
9.00 **Death by Fame**
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **Faking It: Tears of a Crime**
3.00 **American Monster**
4.00 **Disappeared**
5.00 **Evil Lives Here**
7.00 **Disappeared** Focusing on the case of eight-year-old Zachary Bernhardt, who vanished from his Florida home in 2000 while his mother was out. When another boy went missing, new theories emerged. **8.00** The case of 13-year-old Ashley Summers. Trouble brewed for the fun-loving teenager when she started keeping secrets.
9.00 **Dark Waters: Murder in the Deep** A case that ran for several years unsolved.
10.00 **Calls from the Inside**
11.00 **Before They Kill Again**
12.00 M'T **Man with a Van**
2.00 AM **Evil Lives Here**
4.00 **to 6.00** AM **Disappeared**

+1hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** A disaster occurs during the building of a bridge.
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** A Triumph Spitfire.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop**
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic Cars** A Triumph Spitfire.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

7.05 AM **The Prosecutor** Hong Kong thriller. (2024, 15, 117min)
9.05 **One of Them Days** (2025)
10.45 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
12.20 PM **The Surfer** Thriller. (2024, 15, 100min) ★★★★
2.10 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
4.30 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
6.15 **Amongst the Wolves** (2024)

8.00 Saturday Night

8.00 Saturday Night Comedy drama starring Gabriel LaBelle. During the build-up to the first broadcast of *Saturday Night Live*, comedians and writers prepare to change TV for ever. With Rachel Sennott. (2024, 15, 109min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 The Brutalist Epic drama starring Adrien Brody. When a couple flee Europe in 1947, their new lives America are changed by a strange client. With Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

1.20 AM **Amongst the Wolves** Thriller. (2024, 15, 102min)
3.10 **Heart Eyes** Horror comedy. (2025, 15, 97min) ★★★★
4.55 **to 6.45** AM **Night Call** French-Belgian thriller starring Jonathan Feltre. Subtitled. (2024, 15, 97min) ★★★★

Sky Cinema Gems

303 303 403 503 517

6.20 AM **Pixels** As 3.50am.
8.10 **The Watched** Horror. (2024, 15, 102min) ★★★
9.55 **Ferris Bueller's Day Off**
11.55 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★
2.00 PM **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
3.50 **Vanilla Sky** Romantic fantasy. (2001, 15, 136min) ★★★
6.10 **September 5** Fact-based thriller with Peter Sarsgaard. (2024, 15, 95min) ★★★★

10.00 Footloose

8.00 Scott Pilgrim vs. the World Comic-book comedy starring Michael Cera and Mary Elizabeth Winstead. A geeky young musician must defeat his cool new girlfriend's seven evil exes before he can win her heart. (2010, 12, 112min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Footloose Dance drama starring Kevin Bacon as a foot-tapping Chicago kid who moves to the Midwest Bible Belt where rock 'n' roll is banned. (1984, 12, 107min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Ferris Bueller's Day Off** Teen comedy from John Hughes. (1986, 12, 103min) ★★★★
1.45 AM **Dinner for Schmucks** Comedy starring Steve Carell. (2010, 12, 113min) ★★★
3.50 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★
5.45 **to 6.00** AM **The Cinema List: Job Hunting**

Sky Cinema Drama

310 310 410 510 524

6.30 AM **Sky Cinema Preview**
7.00 **Ordinary Angels** Drama. (2024, 12, 113min)
9.10 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
12.15 PM **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
2.15 **Grease 2** Musical sequel. (1982, PG, 109min) ★★
4.15 **The Great Escaper** Drama. (2023, 12, 96min) ★★★★

6.00 **The Illusionist** Period mystery. (2006, PG, 110min) ★★★★
8.00 **The King's Speech** Oscar-winning royal drama starring Colin Firth and Geoffrey Rush. An unconventional speech therapist is the future George VI's last hope to cure his crippling stammer. (2010, 12, 118min) ★★★★★
10.00 **Chicago** Oscar-winning musical, with Renée Zellweger, Catherine Zeta-Jones and Richard Gere. (2002, 12, 112min) ★★★★

12.05 AM **Saturday Night Fever** Dance drama with John Travolta. (1977, 18, 119min) ★★★★
2.10 **Midnight Express** Prison drama. (1978, 18, 120min) ★★★★
4.20 **to 6.20** AM **Tommy** Screen version of The Who's rock opera. (1975, 15, 111min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **Slingshot** As 4.25am.
9.05 **Sinister** Horror thriller. (2012, 15, 105min) ★★★
11.00 **After Yang** Sci-fi drama. (2022, PG, 96min) ★★★★
12.45 PM **Passengers** Sci-fi drama. (2016, 12, 116min) ★★★
2.50 **Ouija** Horror starring Olivia Cooke. (2014, 15, 87min) ★★
4.25 **Ouija: Origin of Evil** Horror prequel. (2016, 15, 99min) ★★★

6.10 **I Am Legend** Sci-fi horror thriller starring Will Smith. (2007, 15, 101min) ★★★★
8.00 **2012** Disaster movie starring John Cusack, Chiwetel Ejiofor and Amanda Peet. A struggling writer strives to get his family to safety after he learns of an impending global catastrophe. (2009, 12, 158min) ★★★
10.45 **Hannibal Rising** Thriller prequel based on the book by Thomas Harris, starring Gaspard Ulliel. (2007, 18, 116min) ★★★

12.55 AM **Friday the 13th Part II** Horror sequel starring Amy Steel. (1981, 18, 87min) ★★
2.40 **Friday the 13th Part III** Horror sequel starring Richard Brooker. (1982, 18, 95min) ★
4.25 **to 6.20** AM **Slingshot** Sci-fi thriller. (2024, 15, 108min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **Cats & Dogs: The Revenge of Kitty Galore** (2010, U) ★★
8.10 **Peter Rabbit 2: The Runaway** Adventure. (2021, U) ★★★
9.50 **Ghostbusters: Frozen Empire** Comedy. (2023, 12) ★★★
11.50 **Snow White and the Huntsman** (2012, 12) ★★★
2.05 PM **Pups United** Adventure. (2015, U, 89min) ★★★
3.40 **The Wiz** (1978, U) ★★
6.00 **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★

10.45 The Cat in the Hat

7.35 **Stuart Little 2** Fantasy sequel featuring the voice of Michael J Fox. (2002, U, 78min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Jackie Chan's The Tuxedo** Action comedy starring Jackie Chan. A chauffeur tries on a secret agent's tuxedo and discovers that it gives the wearer amazing powers. (2002, 12, 98min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

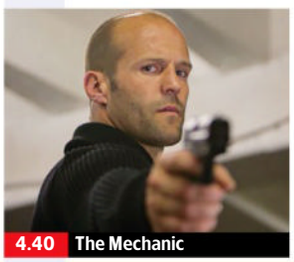
10.45 **The Cat in the Hat** Comic fantasy starring Mike Myers. (2003, PG, 82min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Friend or Foe** Drama. (1981, U, 70min) ★★★
1.35 **Big Fat Liar** Teen comedy. (2002, PG, 88min) ★★★
3.10 **Nutty Professor II: The Klumps** Comedy sequel. (2000, 12, 105min) ★★★
5.00 **to 6.40** AM **Paul Blart: Mall Cop 2** Comedy sequel. (2015, PG, 92min) ★★

Sky Cinema Action

307 307 407 507 521

6.05 AM **Green Lantern** Adventure. (2011, 12, 114min) ★★
8.15 **Shaolin Soccer** As 3.45am.
10.10 **Superman III** Fantasy sequel. (1983, PG, 123min) ★★★
12.20 PM **The Magnificent Seven** Western. (1960, PG) ★★★★★
2.35 **Bad Boys: Ride or Die** Action comedy. (2024, 15) ★★★
4.40 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
6.20 **Superman IV: The Quest for Peace** Fantasy. (1987, PG) ★


4.40 The Mechanic

8.00 **Mad Max: Fury Road** Sci-fi action thriller starring Tom Hardy and Charlize Theron. A drifter in a post-apocalyptic wasteland helps a warrior to liberate a sadistic warlord's five brides. With Nicholas Hoult. (2015, 15, 120min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **Battle Royale** Japanese satirical thriller starring Takeshi Kitano. A group of schoolchildren take part in a brutal game in which they must kill each other until only one survivor remains. Subtitled. (2000, 18, 113min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **The Warriors** Thriller. (1979, 15, 94min) ★★★
1.40 AM **Monkey Man** Thriller. (2024, 18, 121min) ★★★★
3.45 **Shaolin Soccer** Martial arts comedy. (2001, 12) ★★★
5.40 **to 7.45** AM **Chappie** Sci-fi thriller. (2015, 15, 120min) ★★

Sky Cinema Comedy

308 308 408 508 522

6.55 AM **The Men Who Stare at Goats** (2009, 15) ★★★
8.40 **David Brent: Life on the Road** Comedy. (2016, 15) ★★
10.25 **Mean Girls** As 8.00pm.
12.20 PM **Mamma Mia!** Musical. (2008, PG, 108min) ★★★★
2.10 **Mamma Mia! Here We Go Again** (2018, PG) ★★★★
4.05 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
6.00 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★

6.00 Miss Congeniality 2

8.00 **Mean Girls** Musical adaptation of the 2004 teen comedy, starring Angourie Rice. Teenager Cady Heron is a hit with a school clique when she makes the mistake of falling for Aaron Samuels. (2023, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.55 **Anyone But You** Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.50 **Bye Bye Birdie** Vintage musical starring Janet Leigh. (1963, PG, 112min) ★★★
1.55 AM **The Persian Version** Comedy drama starring Layla Mohammadi and Niousha Noor. (2023, 15, 107min) ★★★
4.00 **to 6.10** AM **Baywatch** Action comedy. (2017, 15, 121min) ★★

Sky Cinema Thriller

309 309 409 509 523

6.15 AM **A Place Called Silence** Thriller. (2024, 15) ★★★
8.20 **The Wasp** As 4.15am.
10.00 **Promising Young Woman** Thriller. (2020, 15) ★★★★
12.00 NOON **Ocean's Thirteen** Caper thriller sequel. (2007, PG, 122min) ★★★
2.10 PM **The Line** As 12.20am.
3.55 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
6.10 **Trap** Thriller with Josh Hartnett. (2024, 15, 105min) ★★★★

6.10 Trap

8.00 **Jack Reacher** Action thriller starring Tom Cruise as bestselling author Lee Child's vigilante hero. Former military cop Jack Reacher uncovers a murderous conspiracy after an unseen gunman shoots five people in Pittsburgh. (2012, 15, 130min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.15 **Jack Reacher: Never Go Back** Action thriller sequel starring Tom Cruise. The vigilante tries to save an army major who has been framed for murder by a sinister conspiracy. (2016, 12, 118min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **The Line** Drama starring Alex Wolff and Bo Mitchell. (2023, 15, 100min) ★★★
2.10 **Lawless** Crime drama. (2012, 18, 111min) ★★★★
4.15 **to 6.00** AM **The Wasp** Thriller starring Naomie Harris. (2024, 15, 96min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **How Green Was My Valley** John Ford's drama. (1941, b/w, U, 118min) ★★★★
1.20 PM **Outcast of the Islands** Tropical adventure. (1951, b/w, PG, 102min) ★★★
3.25 **The Caine Mutiny** Drama. (1954, U, 119min) ★★★★
6.00 **Transformers: Revenge of the Fallen** Sci-fi adventure sequel starring Shia LaBeouf. (2009, 12, 149min) ★★★

6.00 Transformers: Revenge...

Transformers: Revenge of the Fallen (film started at 6.00pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Memory** Crime thriller starring Liam Neeson and Guy Pearce. A veteran hitman decides to retire as he confronts the symptoms of Alzheimer's, but reluctantly accepts one final job. With Monica Bellucci and Taj Atwal. (2022, 15, 114min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Memento** Offbeat mystery thriller starring Guy Pearce and Carrie-Anne Moss. A man with a bizarre form of amnesia tries to solve the puzzle of his wife's death. (2000, 15, 108min) ★★★★★
1.30 **to 3.45** AM **Rodeo** French drama starring Julie Ledru and Yannis Lafki. Subtitled. (2022, 15, 105min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 00s

302 302 402 502 516

7.00 AM **Nacho Libre** As 4.40am.
8.45 **The Hangover** Dark comedy. (2009, 15, 99min) ★★★★
10.35 **Superbad** Teen comedy. (2007, 15, 113min) ★★★★
12.35 PM **Tropic Thunder** War spoof. (2008, 15, 107min) ★★★★
2.30 **Snakes on a Plane** Action thriller. (2006, 15, 105min) ★★★
4.25 **Charlie's Angels** Comedy thriller. (2000, 15, 97min) ★★★★

6.10 **Charlie's Angels: Full Throttle** Comedy thriller sequel. (2003, 12, 106min) ★★
8.00 **Superman Returns** Fantasy adventure starring Brandon Routh. (2006, 12, 154min) ★★★
10.35 **The Patriot** Epic drama starring Mel Gibson, Heath Ledger and Jason Isaacs. A pacifist plantation owner is drawn into the American War of Independence after a British officer shoots one of his children in cold blood. (2000, 15, 167min) ★★★

1.25 AM **Cloverfield** Offbeat disaster movie from JJ Abrams, starring Lizzy Caplan and TJ Miller. (2007, 15, 81min) ★★★
2.55 **Charlie's Angels** As 4.25pm.
4.40 **to 6.20** AM **Nacho Libre** Comedy starring Jack Black. (2006, 12, 92min) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.45 AM **Champion** Boxing drama. (1949, b/w, PG, 99min) ★★★★
8.35 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
10.45 **Meet Joe Black** Drama. (1998, 12, 181min) ★★★★
1.45 PM **Nobody's Fool** Comedy drama. (1994, 15, 111min) ★★★★
3.40 **El Dorado** Classic Western. (1966, PG, 126min) ★★★★

5.50 **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
8.00 **Patriot Games** Action thriller starring Harrison Ford, Anne Archer and Sean Bean. (1992, 15, 116min) ★★★
10.00 **The Great Escape** Classic PoW escape adventure about Allied prisoners planning a mass breakout from a Nazi prison camp. Stars Steve McQueen, James Garner, Charles Bronson and Richard Attenborough. (1963, PG, 166min) ★★★★★

12.55 AM **Two Mules for Sister Sara** Comedy Western starring Clint Eastwood and Shirley MacLaine. (1969, 15, 114min) ★★★
2.50 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
4.40 **to 6.40** AM **Enter the Dragon** Thriller. (1973, 18, 97min) ★★★★

Sky Cinema Animation

305 305 412 500 514

6.20 AM **Kung Fu Panda** Animation. (2008, PG, 92min) ★★★★
7.55 **Kung Fu Panda 2** Animated sequel. (2011, PG, 90min) ★★★★
9.35 **Bon Voyage, Charlie Brown** Animation. (1980, U, 70min) ★★
11.00 **Shrek** Animated comedy. (2001, U, 90min) ★★★★★
12.40 PM **Kung Fu Panda 3** Animated comedy sequel. (2016, PG, 95min) ★★★★

2.20 **Kung Fu Panda 4** Animated comedy adventure sequel. (2023, PG, 94min) ★★★
4.00 **Shrek 2** Animated sequel. (2004, U, 93min) ★★★★★
5.45 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
7.15 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
8.50 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★
10.25 **Curious George** Animation. (2006, U, 87min) ★★★★

12.00 M'T **Barnyard** Animated comedy. (2006, PG, 90min) ★
1.35 AM **Spirit: Stallion of the Cimarron** (2002, U) ★★★
3.15 **The Nut Job** (2014, U) ★★★
4.50 **to 6.15** AM **DC Super Hero Girls: Legends of Atlantis** Animation. (2018, PG) ★★★

Movies 24

312 313 419

7.00 AM **Our Take on Love** Drama. (2022, PG, 87min) ★★
9.00 **Paging Mr Darcy** Romantic drama. (2024, PG, 84min) ★★
11.00 **Romantic Rewrite** Romantic comedy. (2022, PG, 82min) ★★
1.00 PM **Be Mine, Valentine** Comedy. (2022, PG, 90min) ★★
3.00 **The Engagement Back-Up** Romantic comedy drama. (2022, PG, 91min) ★★

5.00 **Two Tickets to Paradise** Drama. (2022, PG, 84min) ★★
7.00 **Modeled with Love** Romantic drama starring Ashley Argota Torres. (2023, PG, 90min) ★★
9.00 **Moriah's Lighthouse** Romantic comedy with Rachelle Lefevre and Luke Macfarlane. An artisan living in a seaside town dreams of restoring a lighthouse – but an architect may derail her plans. (2022, PG, 84min) ★★
11.00 **Spring Breakthrough** Drama. (2023, PG, 120min) ★★

1.00 AM **An Unexpected Valentine** Romantic comedy drama. (2025, PG, 84min) ★★
3.00 **to 5.00** AM **The Royal We** Romantic comedy drama. (2025, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Stagecoach West** (S1)
7.00 **Date with Disaster** Drama. (1957, b/w, U, 61min) ★★★
8.15 **Look at Life**
8.30 **Out of Town**
9.00 **My Man Godfrey** Comedy. (1936, b/w, U, 90min) ★★★
10.50 **The Breaking Point** Espionage thriller starring Peter Reynolds. (1960, b/w, U, 59min) ★★
12.00 NOON **Dixon of Dock Green**

12.40 PM **The Adventures of PC 49: Investigating the Case of the Guardian Angel** (1949) ★★★
1.55 **The Brothers** 13/13. (S5)
3.00 **The Wrong Arm of the Law** Comedy. (1962, b/w, U) ★★★★
4.50 **The Small Voice** (1948) ★★★
6.25 **Strange But True**
7.00 **Danger UXB** 12/13. (S1)
8.05 **Van der Valk** 4/7. (S2)
9.05 **Maigret** 3/4. (S14)
10.55 **Reckless** 6/6. (S1)
12.00 M'T **A Month of Sundays** Comedy. (1990, PG) ★★

2.00 AM **The Velvet Touch** Mystery. (1948, b/w, PG, 92min) ★★
3.55 **Ghosts on the Loose** Comedy adventure starring Bela Lugosi. (1943, b/w, U, 64min) ★★
5.15 **Look at Life**
5.25 **to 6.00** AM **Churchill's Secret Army**

WEDNESDAY Sport 10 September

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **LIVE Disability T20** Coverage of the Disability Premier League Final, a Twenty20 match at Sophia Gardens in Cardiff.
5.00 **The Premier League Show**
6.00 **LIVE International T20 Cricket England v South Africa.** Coverage of the first Twenty20 in the three-match series at Sophia Gardens. In the two previous T20 matches to take place here between these nations, England triumphed by 19 runs in 2017, while South Africa claimed a 58-run win in 2022. The hosts will go into this series with confidence after a 3-0 victory over West Indies in June, but the Proteas are likely to provide a sterner test.
10.30 **LIVE WTA & ATP Tennis** Coverage from the latest events on the WTA and ATP Tours.
1.30 AM **LIVE WTA Tennis** Coverage of day three of the Guadalajara Open staged at Panamerican Tennis Center in Mexico.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox** Double bill.
1.00 PM **Premier League Years**
3.00 **PL Retro** A look back at Manchester United v Tottenham Hotspur from 1998/99.
5.00 **The Premier League Show**
7.00 **Premier League Stories** A look behind the scenes of the top flight.
7.30 **Match Officials Mic'd Up** In-game audio of selected incidents from the Premier League.
8.00 **Gary Neville's Soccerbox** With Liverpool legend John Barnes.
8.30 With Matt Le Tissier.
9.00 **Premier League Stories** A look behind the scenes of the top flight.
9.30 **Match Officials Mic'd Up**.
10.00 **Transfer 360** David Ginola.
10.30 **Unpacked: Enzo Maresca**
10.45 **Arteta Meets Merson**
11.00 **Premier League Years**
1.00 AM **PL Retro** West Ham United v Tottenham Hotspur in 2006/07.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **SPFL Greatest Games**
8.00 **EFL Greatest Games**
10.00 **EFL Cup** Highlights of Chelsea v Liverpool in the 2021/22 final.
11.00 **Best Goals: EFL Cup 2021/22**
11.30 **EFL Trophy Football** Highlights of Rotherham United v Sutton United in the 2021/22 final.
12.00 NOON **WSL** Recent highlights.
1.00 PM **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
1.30 **SWPL** Celtic v Rangers.
2.00 **EFL League One Goals**
2.30 **EFL League Two Goals**
3.00 **EFL Highlights** Championship.
5.00 **EFL Greatest Games**
6.00 **EFL League One Goals**
6.30 **EFL League Two Goals**
7.00 **SWPL** Celtic v Rangers at SuperSeal Stadium in Hamilton.
7.30 **WSL** Chelsea v Manchester City.
8.00 Liverpool v Everton.
8.30 **SPFL Highlights** Rangers v Celtic in the Scottish Premiership.
9.00 **EFL Highlights** Queens Park Rangers v Charlton Athletic.
9.15 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2016/17 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
9.00 **Vitality T20 Blast Cricket** Somerset v Birmingham Bears.
12.30 PM **Best of England v South Africa** Archive highlights.
1.00 **One-Day International Cricket** England v South Africa.
1.55 **LIVE Disability T20** Coverage of the Disability Premier League Final, a Twenty20 match staged at Sophia Gardens in Cardiff.
5.00 **Best of England v South Africa**
6.00 **LIVE International T20 Cricket England v South Africa.** Coverage of the first Twenty20 in the three-match series staged at Sophia Gardens in Cardiff. The hosts will go into this series with confidence after a 3-0 victory over West Indies in June, but the Proteas are likely to provide a sterner test.
10.30 **Best of England v South Africa**
11.00 **One-Day International Cricket** England v South Africa.
12.00 M'T **Best of England v South Africa** Archive highlights.
1.00 AM **International T20 Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **The Greatest Solheim Cup**
8.00 **Ladies European Tour Golf**
9.00 **LPGA Tour Golf** Highlights.
12.00 NOON **LPGA Tour Golf**
1.00 PM **US Women's Open Golf**
2.00 **Women's PGA Championship**
3.00 **LPGA Tour Golf** Highlights.
4.00 **Women's Golf** Women's Open.
5.00 **Ladies European Tour Golf**
6.00 **PGA Tour Champions**
7.00 **PGA Tour: The Cut**
7.30 **HotelPlanner Tour Golf Highlights** Recent action.
8.00 **My Ryder Cup** Memories.
8.30 **Countdown to the Ryder Cup** The 'Miracle at Medinah' in 2012.
9.00 **Walker Cup Golf** A chance to see the second session of day two.
12.00 M'T **PGA Tour: The Cut**
12.30 AM **HotelPlanner Tour Golf Highlights**
1.00 **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis** Canadian Open.
7.00 **WTA Tennis** Cincinnati Open.
8.00 **US Open Tennis** Men's final.
9.00 **WTA Tennis** Recent action.
1.00 PM **US Open Tennis** Finals.
3.00 **WTA Tennis** Recent action.
7.00 **LIVE WTA Tennis** Coverage of day three of the Sao Paulo Open, a hard-court tournament staged at Parque Villa-Lobos in Brazil.
9.00 **LIVE WTA Tennis** Coverage includes the Guadalajara Open and the Sao Paulo Open.
1.30 AM **LIVE WTA Tennis** Coverage of day three of the Guadalajara Open at Panamerican Tennis Center in Mexico.
5.00 **WTA & ATP Tennis**
5.30 **ATP Sizzle Reel 2024**
5.45 **to 6.00** AM **WTA Sizzle Reel 2024**

TNT Sports 1

410 413 521 408 430

6.00 AM **UCI Mountain Bike World Championship**
7.00 **La Vuelta Men** The 16th stage.
8.00 **Premier League Stories**
8.30 **Champions League Magazine**
9.00 **Porsche Supercup**
10.00 **FIA World Endurance Championship Highlights**
11.00 **UCI Mountain Bike World Championship** From Valais.
12.00 NOON **The Gruppetto**
12.15 PM **La Vuelta Men**
1.15 **LIVE Cycling: La Vuelta Men** The 17th stage, a route from O Barco de Valdeorras to Ponferrada.
5.00 **UCI Mountain Bike World Championship**
6.00 **TNT Sports Reload**
6.30 **MLB Highlights**
7.30 **LIVE MLB Texas Rangers v Milwaukee Brewers.** From Globe Life Field. Start-time is at **7.35pm**.
10.45 **MLB Plays of the Week**
11.15 **MLB Classic** Archive action.
11.30 **LIVE MLB Philadelphia Phillies v New York Mets.** Coverage from Citizens Bank Park. Start-time is at **11.45pm**.
2.45 AM **MLB Classic**
5.30 **to 6.00** AM **Champions League Magazine**

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP** Action from the Grand Prix of Catalonia in Spain.
9.30 **MotoGP Chequered Flag**
10.30 **British Superbikes Highlights**
11.30 **British Speedway**
12.30 PM **Superbike Rewind**
12.45 **MotoGP Rewind**
1.00 **MLB Highlights**
2.00 **MotoGP** Grand Prix of Catalonia.
3.00 **MotoGP Chequered Flag**
4.00 **British Speedway**
5.00 **British Superbikes Highlights**
6.00 **The Gruppetto** Cycling action.
6.15 **UEFA Champions League Magazine** News and updates.
6.45 **LIVE Women's CPL Barbados Royals v Trinbago Knight Riders.** Coverage of the T20 match at Providence Stadium.
10.45 **MotoGP Rewind**
11.00 **Premier League Stories** Edwin van der Sar chats about his career.
11.30 **LIVE CPL Guyana Amazon Warriors v Antigua & Barbuda Falcons.** Coverage of the T20 match at Providence Stadium.
3.45 AM **The Gruppetto**
4.00 **IFSC Climbing World Cup Highlights** In Koper, Slovenia.
5.00 **to 6.00** AM **Fishing: On the Bank**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **NRLW** Sydney Roosters v Cronulla-Sutherland Sharks in the 2024 Grand Final.
7.00 **Women's State of Origin**
10.00 **NRLW** Highlights of Sydney Roosters v Cronulla-Sutherland Sharks in the 2024 Grand Final.
11.00 **Premier League Darts** Another chance to see the 10th night of the tournament staged at AO Arena in Manchester.
3.00 PM **The Rugby Championship** Argentina v New Zealand staged at José Amalfitani Stadium.
5.00 South Africa v Australia at DHL Stadium in Cape Town.
7.00 **Rugby League Retro** Warrington v Leeds in 1994/95.
9.00 **Premier League Darts** Another chance to see night 10 of the tournament staged at AO Arena, with a format featuring quarter-finals, semi-finals and a final all in one night. The quarter-finals were Chris Dobey v Michael van Gerwen, Nathan Aspinall v Rob Cross, Luke Littler v Gerwyn Price, and Stephen Bunting v Luke Humphries.
1.00 AM **PDC Classics** Archive action.
2.00 **to 6.00** AM **Rugby League Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News** Round-up of the sports news with live analysis and comment, plus interviews with headline-makers.
7.00 **Sky Sports Breakfast** The latest headlines and reports.
10.00 **Sky Sports FC** Interactive show covering the football headlines.
12.00 NOON **Lunchtime Live** A look at all the sports stories making the headlines this lunchtime.
2.00 PM **Sports Desk** Sports news with live analysis and comments.
5.00 **The Premier League Show** A daily guide to the top flight.
7.00 **LIVE WTA Tennis** Coverage of the third day of the Sao Paulo Open, a hard-court tournament staged at Parque Villa-Lobos in Brazil. British player Francesca Jones, who held a career-high ranking of 84 in July after having broken into the top 100 for the first time this summer, was expected to be among the entrants of this maiden event.
9.00 **LIVE WTA Tennis** Coverage from the latest WTA Tour, including the Guadalajara Open and the Sao Paulo Open.
1.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **Ladies European Tour Golf**
8.00 **Vitality T20 Blast Cricket**
11.30 **The Hundred Bitesize**
12.00 NOON **US Open Tennis**
2.00 PM **PL Greatest Games**
3.00 **The Rugby Championship**
5.00 **Legends Tour Golf**
6.00 **Ladies European Tour Golf**
7.00 **One-Day International Cricket** England v South Africa.
10.00 **PGA Tour Champions**
11.00 **DP World Tour Golf**
11.30 **HotelPlanner Tour Golf**
12.00 M'T **PL Greatest Games**
1.00 AM **Gerwyn Price: Welsh Glory 2021**
1.30 **The Greatest Leg – 2023 Final**
2.00 **30 Years of the PDC World Champs** Archive action.
2.30 **The Taylor Years**
3.00 **EFL Greatest Games**
4.00 **DP World Tour Golf**
5.00 **to 6.00** AM **PGA Tour Golf**

TNT Sports 3

413 415 523 410 432

6.00 AM **Test Cricket Highlights**
12.00 NOON **Climbing World Cup**
1.00 PM **Playing for Our Future**
1.15 **LIVE Cycling: La Vuelta Men** Coverage of the 17th stage.
5.00 **The Gruppetto** Cycling action.
5.15 **The WRC Magazine**
5.45 **European Rally Championship**
6.15 **Porsche Supercup**
7.15 **MotoE Highlights**
7.45 **MotoGP Highlights**
8.45 **British Superbikes Rewind**
9.00 **Mass Participation World**
10.00 **La Vuelta Men** The 17th stage.
11.00 **UCI Mountain Bike World Championship** From Valais.
1.00 AM **British Superbikes Rewind**
1.15 **Superbike Rewind**
1.30 **MotoGP Rewind**
1.45 **The Gruppetto** Cycling action.
2.00 **La Vuelta Men** The 17th stage.
3.00 **The WRC Magazine**
3.30 **FIA World Endurance C'ship**
4.30 **Porsche Supercup**
5.30 **to 6.00** AM **TNT Sports Reload**

TNT Sports 4

414 416 524 411 434

6.00 AM **Gallagher Premiership Rugby Union** From 2024/25.
2.00 PM **AFL** Another chance to see the second qualifying final.
3.30 Action from the second elimination final.
5.00 The first qualifying final.
6.30 The first elimination final.
8.00 **Rolex Grand Slam** Show jumping action from Spruce Meadows in Calgary, Canada.
9.00 **Ultimate Pool** Action from Group 14 of the Pairs Cup.
10.30 **UFC** Nassourdine Imavov v Caio Borralho:. Another chance to see the middleweight bout staged at Accor Arena in Paris, France, plus the undercard bouts for UFC Fight Night 258.
1.30 AM **UFC Reloaded** A chance to see Michael Bisping v Kelvin Gastelum from November 2017.
3.15 **Mass Participation World**
4.15 **British Superbikes Rewind**
4.30 **to 6.00** AM **Ultimate Pool**

Premier Sports 1

419 551

6.00 AM **Ultimate Karting C'ship**
7.00 **LaLiga Specials**
8.00 **Motorsport Highlights**
9.30 **Scottish Rally Championship**
10.00 **NASCAR Highlights**
11.00 **Top 14 Rugby Union Highlights**
11.30 **LaLiga Match Highlights**
12.00 NOON **Transworld Sport**
1.00 PM **World Surf League**
2.00 **Football Highlights**
4.00 **NASCAR Highlights**
5.00 **Top 14 Rugby Union Highlights**
5.30 **LaLiga Match Highlights**
6.00 **Michelin Le Mans Cup**
6.30 **Scottish Rally Championship**
7.00 **Football Highlights**
9.30 **Sporting Countdowns**
10.00 **Euro Le Mans Highlights**
11.00 **Scottish Rally Championship**
11.30 **World Surf League**
12.30 AM **NASCAR Highlights**
1.30 **Top 14 Rugby Union Highlights**
2.00 **LaLiga Specials**
3.00 **Transworld Sport**
4.00 **Euro Le Mans Highlights**
5.00 **to 6.00** AM **LaLiga Specials**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union** Action from the French top flight.
8.00 **LaLiga** Celta Vigo v Villarreal.
10.00 **CONMEBOL World Cup Qualifiers** Ecuador v Argentina.
12.00 NOON **FastZone** Weekly Motorsports highlights show.
12.30 PM **Bike World** Action from the high octane world of two wheels.
1.00 **LaLiga** Another chance to see Real Betis v Athletic Bilbao.
3.00 Rayo Vallecano v Barcelona.
5.00 **Football's Greatest** Players in history discuss their careers.
6.00 **Top 14 Rugby Union** Action from the French top flight.
8.00 **CONMEBOL World Cup Qualifiers** Ecuador v Argentina.
10.00 **Top 14 Rugby Union** Action from the French top flight.
12.00 M'T **LaLiga** Valencia v Getafe.
2.00 AM **NASCAR Xfinity Series** The Nu Way 200 Sauced by Blues Hog.
5.00 **Bike World** Magazine.
5.30 **to 6.00** AM **FastZone**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Italian Grand Prix.
8.00 **Ted's Notebook**
8.30 **Formula 1** Action from Monza.
10.45 **F1 Features**
11.30 **Formula 3** Italian Grand Prix.
1.45 PM **F1 Features**
2.00 **Formula 2** Action from Monza.
4.20 **Christian Horner**
4.30 **Formula 1** Italian Grand Prix.
6.45 **F1 Features**
7.30 **Formula 1** Action from Monza.
8.30 **GT World Challenge Europe**
10.30 **Formula 1** The Italian Grand Prix.
12.45 AM **Ted's Notebook**
1.15 **F1 Rookie Kimi Antonelli on his Roots**
1.20 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Thursday

11 September

Evening Planner

Golf

BMW PGA Championship

Sky Sports Main Event & Sky Sports Golf, coverage from 8.30am

Coverage from Wentworth, where Billy Horschel is the defending champion.

Drama

The Newsreader

BBC2, 9pm (box set, BBC iPlayer)

The Australian drama returns for a third and final season, and Helen (Anna Torv) fights with Dale to become number one.

Factual

I Fought the Law: The Ann Ming Story

ITV1, 9pm

This documentary tells the real story behind the drama starring Sheridan Smith.

Entertainment

Taskmaster

C4, 9pm

Greg Davies (left) sets challenges for a new cohort, including Maisie Adam, Reece Shearsmith and Sanjeev Bhaskar.

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 EastEnders	8.00 MasterChef		9.00 Stranded on Honeymoon Island		10.00 News; Local News	
	102 BBC2	7.00 Celebrity Antiques Road Trip		8.00 Saving Lives at Sea		9.00 The Newsreader		10.00 Limbs in the...	10.30 Newsnight
	103 ITV1	‹ 6.30 News	7.30 Emmerdale		8.30 Tonight †	9.00 I Fought the Law: The Ann Ming Story		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Dog House		9.00 Taskmaster		10.00 8 Out of 10 Cats Does Countdown...	
	105 5	7.00 Shetland: Scotland's Wondrous Isles		8.00 The Hotel Inspector		9.00 The Rumour		10.00 9/11: Mystery of the Fifth Plane	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 Rob & Romesh vs Drag		9.00 Atomic		10.00 Film: Force of Nature: The Dry 2	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Bad Nanny			
	116 BBC4	7.00 Earth's Natural Wonders		8.00 Film: Gentlemen Prefer Blondes			9.30 Parkinson		10.30 Film: Dunkirk
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Family Guy	9.30 Universal...	10.00 Family Guy	
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Night Coppers		10.00 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Celebs Go Dating: The Finale		10.00 Gogglebox	
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 The Equalizer		9.00 FBI		10.00 FBI: International	
	108 SKY ATLANTIC	‹ 6.50 Homicide: Life on the Street		7.55 Game of Thrones		9.00 Atomic		10.00 The Last of Us	
	110 U&GOLD	7.00 Dad's Army	7.40 Open All Hours		8.20 Blackadder Goes Forth		9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You?	7.40 Richard Osman's House of Games			9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Vera				10.00 Law & Order: UK	
	120 ITV4	7.00 The Motorbike Show		8.00 The Chase Celebrity Special		9.00 Film: Magnum Force			
	112 COMEDY CENTRAL	7.00 Friends				9.00 Film: Bean			10.40 8 Out...
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 Rob & Romesh vs Drag		9.00 Never Mind the Buzzcocks			10.40 From
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Annika		10.00 Death in Paradise	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Discovering: Ben Kingsley		9.00 The Directors		10.00 Laurel and Hardy: Their Lives and...	
	132 U&W	7.00 MasterChef Australia		8.00 Inside the Ambulance		9.00 Stacey Dooley Sleeps Over		10.00 Louis Theroux: The City Addicted to...	
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Mega Shippers		9.00 In the Eye of the Storm		10.00 Marooned with Ed Stafford	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Alaska: Surviving the Last Frontier		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Inside Melbourne Airport		9.00 Air Crash Investigation		10.00 9/11: Inside the Pentagon	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Secrets of Great British Castles		9.00 Swamp Mysteries with Troy Landry		10.00 Alone	
	155 U&YESTERDAY	7.00 Tropic of Cancer with Simon Reeve		8.00 Bangers & Cash		9.00 Flipping Bangers		10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Shaq		8.00 The Jinx: The Life and Deaths of...		9.00 Bibaa & Nicole: Murder in the Park			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.00 Saturday Night		8.00 Amongst the Wolves			9.50 One of Them Days		
	302 00s	‹ 5.20 There Will Be Blood		8.00 Troy					10.45 300
	303 GEMS	‹ 6.00 Grease		8.00 Anyone But You				10.00 Madame Web	
	304 GREATS	‹ 5.45 Last Action Hero		8.00 The Nutty Professor			9.40 Ace Ventura Pet Detective		
	305 ANIMATION		7.20 Despicable Me 2			9.05 Spirit: Stallion of the Cimarron			
	306 FAMILY	‹ 6.00 Wicked			8.40 Johnny English			10.10 Nutty Professor II: The Klumps	
	307 ACTION	‹ 5.45 The Mummy		7.55 The Fall Guy				10.10 Monkey Man	
	308 COMEDY	‹ 5.55 Crazy Rich Asians		8.00 Hope Springs			9.50 The Holdovers		
	309 THRILLER	‹ 6.05 The Beekeeper		8.00 Split				10.05 The Krays	
	310 DRAMA	‹ 5.50 Girl You Know It's True		8.00 Bob Marley: One Love				10.00 Midnight Express	
	311 SCI-FI	‹ 6.05 10 Cloverfield Lane		8.00 The Nun			9.50 A Quiet Place		
	313 FILM4	‹ 6.45 Groundhog Day				9.00 Django Unchained			
SPORT	401 MAIN EVENT	‹ 6.00 PGA Tour Golf – Live: The Procore Championship				9.00 LPGA Tour Golf – Live: The 2025 Kroger Queen City Championship			
	402 PREMIER LEAGUE	7.00 Big Interview	7.30 PL Stories	8.00 Gary Neville's Soccerbox		9.00 Big Interview	9.30 PL Stories	10.00 Transfer 360	10.30 Newcastle...
	403 FOOTBALL	7.00 EFL Goals		8.00 WSL	8.30 SWPL	9.00 SPFL Highlights	9.30 WSL	10.00 EFL Highlights	
	405 CRICKET	‹ 6.00 International T20 Cricket							10.30 Best of...
	410 TNT SPORTS 1	‹ 6.30 British...	7.30 British Speedway – Live: Coverage of a play-off semi-final second-leg match					10.00 Rewind	10.30 British...
	411 TNT SPORTS 2	‹ 6.00 MLB – Live: Baltimore Orioles v Pittsburgh Pirates (Start-time 6.05)					9.15 UFC Connected	10.00 La Vuelta Men	

‹ Denotes programmes starting before 7.00pm † Regions vary

THURSDAY

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Thursday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** New edition From Hampshire, Warrington and Co Durham. (S)
12.15 PM **Bargain Hunt** (S)(R)(AD)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Clean It, Fix It** New edition (S)
2.30 **Robson Green's Weekend Escapes** With Laura Norton. (S)(R)(AD)
3.00 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition A man decides to part with his antiques collection. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

7.30 EastEnders

7 PM
7.00 **The One Show** Alex Jones and Roman Kemp present the topical show. (S)
7.30 **EastEnders** Jonno's true colours show when Callum realises what he really wants. Nigel and Phil help Julie prepare for an interview. (S)(AD)

8 PM
8.00 **MasterChef** New edition 17/24. The second group create a dish they would happily put on their own menu, before preparing lunch service at a five-star restaurant in London's Mayfair. (S)(AD)
■ Continues tomorrow

9 PM
9.00 **Stranded on Honeymoon Island** New edition 5/12. An intimacy crate washes up to help the honeymooners get personal, and the couples spend the day apart at beach picnics. (S)(AD)
■ Continues tomorrow

10 PM
10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **NEW TO BBC1 Thailand: The Dark Side of Paradise** 1/3. Zara McDermott discovers the dark side of Thailand's backpacker culture. In the first edition, she starts to uncover the scale of Thailand's illegal sex industry. *Previously on BBC3*. (S)
11.25 **Thailand: The Dark Side of Paradise** New edition 2/3. Zara meets men chasing cheap thrills in Asia's sex capital, Pattaya. (S)
12.10 AM Series finale 3/3. After a wild night at Ko Phangan's Full Moon Party, Zara travels to Phuket and experiences a taste of Thailand's luxury lifestyle. (S)
12.55 **Weather for the Week Ahead** (S)
1.00 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Clean It, Fix It** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Marcus Wareing's Tales from a Kitchen Garden** (S)(R)
9.00 **BBC News** (S)
12.15 PM **Politics Live** (S)
1.00 **Impossible** (S)(R)
1.45 **Bridge of Lies** (S)(R)
2.30 **Unbeatable** (S)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Cornwall: This Fishing Life** (S)(R)
5.15 **Flog It!** Paul Martin hosts from Tilbury Docks in Essex. (S)(R)
6.00 **Richard Osman's House of Games** Sian Gibson, Jean Johansson, Iain Stirling and Rav Wilding test their trivia skills. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo resumes his exploration of north Wales on the Isle of Anglesey. (S)(R)(AD)

8.00 Saving Lives at Sea

7.00 **Celebrity Antiques Road Trip** Former *EastEnders* colleagues Rita Simons and Laila Morse scour Devon for the most profitable antiques, with the help of Catherine Southon and Angus Ashworth. (S)(R)

8.00 **Saving Lives at Sea** New edition 7/10. A frantic mother alerts the lifeguards after six teenagers are cut off by the tide in Watergate Bay, north Cornwall. The Anstruther crew race to the rescue of a paddleboarder. (S)(AD)

9.00 **NEW SERIES The Newsreader** *Night of Nights:* 1/6. Return of the Australian drama. *See feature, page 12.* (S3) (S)(AD)
■ Continues tomorrow
9.55 **Natural World: Tiger Dynasty** (S)(R)

10.00 **Limbs in the Loch: Catching a Killer** Series finale 6/6. William Beggs stands trial for the murder of Barry Wallace. (S)(AD)
10.30 **Newsnight** (S)
11.00 **Disaster at Sea: The Piper Alpha Story** 3/3. The Cullen Inquiry reveals fatal errors, ignored warnings and failed systems. (S)(R)
12.00 M'T **Sign Zone: Saving Lives at Sea** 6/10. Documentary. (S)(R)(AD)
1.00 AM **Sign Zone: King & Conqueror** *So Be It:* 4/8. (S1) (S)(R)(AD)
1.50 **Sign Zone: Football's Financial Shame: The Story of the V11** (R)
3.25 **Sign Zone: The Great Ticket Rip-Off: Scams & Scandals** (S)(R)
3.55 **to 6.15** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing** Ed Chamberlin and Francesca Cumani present coverage of the opening day of the St Leger Festival from Doncaster, including the May Hill Stakes and the Park Hill Stakes. With analysis from Jason Weaver and Adele Mulrennan, reports from Matt Chapman, and commentary by Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

4.00 Tipping Point

7.30 **Emmerdale** Kammy questions what is going on with Vinny, who eventually breaks down in tears, while Robert fears for Aaron's life as he waits to be interviewed at the police station. (S)(AD)

8.30 **Tonight: Toxic Legacy – Our Hidden Drug Scandal** New edition Investigating the scandal around the prescription of synthetic hormone DES to pregnant women that led to life-altering health problems for some of their children. (S)

9.00 **NEW I Fought the Law: The Ann Ming Story** How Ann Ming, the grieving mother of Julie Hogg, fought to change the 800-year-old double jeopardy law to ensure her daughter's killer was brought to justice. (S)(AD)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **Regional Programmes** See Local Variations. (S)
11.15 **Stonehouse** 3/3. With Wilson's fate still on a knife edge and Barbara wondering if it's worth saving her marriage, John and Sheila go on trial to face the consequences of their actions. Stars Matthew Macfadyen. (S1) (S)(R)(AD)
12.15 AM **Teleshopping**
3.00 **Genius Game** (S)(SL)(R)(AD)
4.00 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Jimmy & Shivi's Farmhouse Breakfast** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 17-20/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From New Orleans. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple from Derbyshire hope to find a property on Spain's Costa Blanca. (S)(R)
4.00 **Help! We Bought a Village** New edition Mike takes living conditions back to basics at a mountain village in Spain. (S)
5.00 **Chateau DIY** Erin and JB try to combat a leaky roof. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A sports fan wants a beachfront property in Málaga, Spain. (S)(R)

8.00 The Dog House

7.00 **News** (S)

8.00 **The Dog House** New edition Octogenarian identical twins Nancy and Beryl seek a four-legged friend to join them for pub lunches, while a fox-red Labrador called Bear tries to impress new owners without putting his paw in it. (S)

9.00 **NEW SERIES Taskmaster** 1/10. Greg Davies and Alex Horne welcome the latest five comics to take on the challenge – Maisie Adam, Reece Shearsmith, Sanjeev Bhaskar, Phil Ellis and Ania Magliano. *See feature, page 12.* (S)(AD)

10.00 **NEW 8 Out of 10 Cats Does Countdown: Best Bits** A compilation of memorable moments from recent editions, featuring players including Jon Richardson, Jonathan Ross, Lee Mack, Alan Carr, Sarah Millican, Jack Dee and Tom Allen. (S)
11.05 **Big Fat Quiz: Best Bits** A look back at highlights from the celebrity quiz hosted by Jimmy Carr. (S)(R)
12.05 AM **Ramsay's Kitchen Nightmares USA** (S)(R)
12.55 **The Inheritance** (S)(SL)(R)(AD)
3.40 **Location, Location, Location** (R)
4.35 **Kirstie's House of Craft** (S)(R)
4.50 **Escape to the Chateau** (S)(R)
4.55 **George Clarke's Amazing Spaces** A prototype apartment. (S)(R)(AD)
5.50 **to 6.30** AM **Countdown** (S)(R)

+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley with Matt Allwright** Topical debate. (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.15 **The Sunshine Murders** New episode *The Art of Murder:* Helen investigates a murder while on holiday. (S)
3.55 **All Creatures Great and Small** *Carpe Diem:* 2/7. Siegfried hires an experienced bookkeeper, but her approach doesn't suit everyone. (S4) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Bar stewards celebrate their 14th anniversary. (S)(R)(AD)
6.55 **News** (S)

8.00 The Hotel Inspector

7.00 **Shetland: Scotland's Wondrous Isles** A look at Scalloway's annual fire festival, following JR Umphray, who has the honour of being the main organiser of the Scalloway event. (S)(R)
7.55 **News** (S)

8.00 **The Hotel Inspector** Series finale 8/8. Alex Polizzi heads to the West Midlands to meet 60-year-old entrepreneur Stephen, whose 10-bedroom hotel is limping along at just 23 per cent occupancy. (S)

9.00 **The Rumour** New episode 2/5. Drama starring Rachel Shenton. Joanna is blindsided when a reporter questions her about the rumour. (S1) (S)(AD)

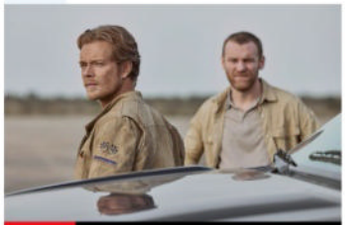
10.00 **NEW 9/11: Mystery of the Fifth Plane** The story of United Flight 23, another plane that was due to depart JFK Airport on 11 September 2001. (S)
10.55 **Motorway Cops: Catching Britain's Speeders** (S)(R)
11.55 **Street Cops: Catching the Yobs** Documentary. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Jason Watkins & Lady Jane Grey: A Tower of London Special** (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **Nick Knowles' Big House Clearout** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Uptown Otters** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 19/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Simpson and Delilah:* Homer discovers a hair-restorative. (S)(R)
5.30 *The Sound of Bleeding Gums:* Lisa meets Bleeding Gums Murphy's son. (S)(R)
6.00 *Two Cars in Every Garage and Three Eyes on Every Fish:* Mr Burns campaigns to become state governor. (S)(R)
6.30 *Dancin' Homer:* Homer becomes his local baseball team's mascot. (S)(R)



9.00 Atomic

7.00 **The Office (US)** *Gay Witch Hunt:* 1/25. Michael lets slip that one of his colleagues is gay. (S)(R)
7.30 *The Convention:* 2/25. Michael and Dwight meet Jan at a convention in Philadelphia. (S3) (S)(R)

8.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens, meeting *RuPaul's Drag Race* judge Michelle Visage and stars The Vivienne and Baga Chipz as they try to find their drag personas. (S)(R)(AD)

9.00 **Atomic** New episode *Little Boy:* 4/5. In Marrakesh, Max and JJ prepare for the uranium exchange with the cartel, all under the watchful eye of Cassie. (S1) (S)

10.00 **FILM Force of Nature: The Dry 2** Crime thriller starring Eric Bana and Anna Torv. Five women participate in a hiking retreat, but only four come out the other side, so federal agents head into the mountains hoping to find their informant still alive. (2024, 15, 120min) ★★★
12.10 AM **Curb Your Enthusiasm** 7&8/10. Double bill. (S4) (S)(R)
1.30 **Sex and the City** 7/12. Miranda becomes possessive of Skipper. (S1) (S)(R)
2.05 **Road Wars** Vehicle crime. (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 19/22. (S6) (S)(R)(AD)
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky **964**, Virgin **862**, Freesat **964**
11.15am Bargain Hunt **12.00noon-1.00pm** First Minister's Questions **12.55** Scotcast **1.25** Weather **1.30-6.00am** BBC News
N. IRELAND
Sky **966**, Virgin **863**, Freesat **966**
10.40pm The View **11.20** Thailand: The Dark Side of Paradise: Triple bill. **1.35-6.00am** BBC News
WALES
Sky **965**, Virgin **864**, Freesat **965**
No variations

BBC2

N. IRELAND
Sky **969**, Freesat **969**
10.00-10.30pm Girl Fight **11.00pm-12.00m't** Limbs in the Loch: Catching a Killer
WALES
Sky **968**, Freesat **968**
7.00pm Scrum V: The Warm Up **7.30-8.00pm** The Hairy Bikers' Bakeation

ITV1

ANGLIA
10.45-11.15pm Anglia Late Edition
BORDER/TYNE TEES
10.45-11.15pm Around the House
LONDON
10.45-11.15pm The Late Debate
CENTRAL
10.45-11.15pm Central Lobby
GRANADA
10.45-11.15pm The Granada Debate
MERIDIAN
10.45-11.15pm The Last Word
WALES
10.45-11.15pm Vanished Wales
WEST/WESTCOUNTRY
10.45-11.15pm The Westcountry Debate
YORKSHIRE
10.45-11.15pm Last Orders

S4C

Sky **134**, Virgin **164**, Freesat **120**
6.00am Cyw **12.00noon** Newyddion **12.05pm** Cymry ar Gynfas **12.30** Heno **1.00** Trysorau Cymru: Tir, Tai a Chyfrinachau **1.30** Joey **2.00** Newyddion **2.05** Prynhawn Da **3.00** Newyddion **3.05** Prosiect Pum Mil **4.00** Awr Fawr **5.00** Stwnsh **6.00** Busnes Bwyd **7.00** Heno **7.30** Newyddion **8.00** Rownd a Rownd **8.55** Newyddion **9.00** Pawb a'i Farn **10.00** Adeiladu'r Freuddwyd: Camp Out West **10.30-11.35pm** Y Llinell Las

TV&Satellite week
Best for Sky and Virgin

BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories: Scary Special** An episode full of spooky highlights.
7.30 **Horrible Histories** The Saxon gods form an unlikely team of superheroes.
7.55 **The Catch Up**
8.00 **Top Gear** Jeremy Clarkson and James May create an advert for Volkswagen.
9.00 **Bad Nanny** 1/2. The true story of Samantha Cookes, who posed as a dying author to scam her way across the UK and Ireland. **9.50** 2/2. How victims banded together to expose a decade of lies and bring a master manipulator to justice.
10.45 **FILM Sound of Metal** Drama starring Riz Ahmed and Olivia Cooke. A rock drummer begins to lose his hearing and enrols in a residential programme for deaf recovering addicts. (2021, 15, 120min) ★★★★
12.40 AM **Top Gear** As 8.00pm.
1.40 **Angels of the North**
3.10 **to 3.55** AM **Thailand: The Dark Side of Paradise**

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **Earth's Natural Wonders** Some of the most inhospitable places.
8.00 **FILM Gentlemen Prefer Blondes** Howard Hawks' musical comedy starring Marilyn Monroe and Jane Russell. A diamond-loving blonde intent on marrying a very rich man, and her brunette, man-hungry friend set sail for France and fun on board a luxury liner. (1953, U, 91min) ★★★★
9.30 **Parkinson** With guests Harry Secombe, Harold Robbins and Anita Loos.
10.30 **FILM Dunkirk** World War Two drama about the evacuation of Allied troops from the Dunkirk beaches in 1940, starring John Mills and Richard Attenborough. (1958, b/w, PG, 123min) ★★★
12.40 AM **John Mills: Talking Pictures** The actor's profile.
1.20 **Earth's Natural Wonders**
2.20 **to 3.20** AM **Britain's Nuclear Secrets: Inside Sellafield**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from Sheffield.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer are hunting in the Home Counties. **6.55** Kirstie and Phil search the West Yorkshire city of Leeds with a couple who are moving from London.
7.55 **Grand Designs** Kevin McCloud follows the progress of a commercial architect and his art-director wife as they try to build the ultimate family home near York.
9.00 **Night Coppers** Jodie and Zoe are called to break up a brawl between neighbours, but while one neighbour protests his innocence, the CCTV says otherwise.
10.00 **24 Hours in A&E** A 19-year-old woman is brought in with possible spinal injuries after falling from a second-floor window.
11.05 **Emergency Helicopter Medics** Air ambulance crew members take drastic steps to reset a patient's heartbeat.
12.05 AM **The Good Doctor**
1.05 **Night Coppers**
2.10 **24 Hours in A&E**
3.15 **to 3.45** AM **Food Unwrapped**

+1 hour 236/237 347 125

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 15-18/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *Mypods and Boomsticks:* Homer is suspicious of Bart's friend. **7.30** *Double, Double, Boy in Trouble:* Bart trades lives with a wealthy lookalike.
8.00 **First Dates** A Disney fan seeks a fresh start after losing her last partner.
9.00 **Celebs Go Dating: The Finale** Series finale Liv admits that she and Louis have been texting.
10.00 **Gogglebox**
11.05 **First Dates**
12.05 AM **Naked Attraction**
1.05 **The Simpsons**
1.40 **Rick and Morty**
2.05 **Mike Tyson Mysteries** New episodes (S4)
2.30 **Celebs Go Dating: The Finale** As 9.00pm.
3.25 **First Dates**
4.20 **Young Sheldon**
5.05 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

primetime

primetime

Thursday

THURSDAY Entertainment

Thursday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **FBI** 17/22. (S5)
1.00 PM **FBI: International** (S2)
2.00 **FBI: Most Wanted** 14/22. A rising star triathlete is found savagely murdered. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare** Six editions of the documentary.

9.00 FBI

7 PM

7.00 **Nothing to Declare** A traveller is suspected of drug smuggling. **7.30** Frog fat is found in a Korean woman's luggage.

8 PM

8.00 **The Equalizer** *Blowback:* 5/18. The team transport a dangerous suspect for the CIA to a secure debriefing site. (S3)

9 PM

9.00 **FBI** New episode *Perfect:* 6/22. The bodies of multiple women are found scattered across the city. (S7)

10 PM

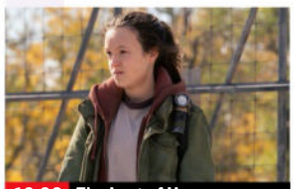
10.00 **FBI: International** New episode *They Paid More:* 6/22. A bus carrying American aid workers is hijacked in Morocco. (S4)
11.00 **Bull** 18/22. (S6)
12.00 M'T **New Amsterdam** (S5)
1.00 AM **Chicago Med** New episode
2.00 **Chicago Fire** New episode
3.00 **Chicago PD** New episode
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets**
7.00 **Fish Town**
8.00 **True Blood** 1&2/10. (S7)
10.10 **Westworld** 7&8/10. (S2)
12.20 PM **Game of Thrones** (S2)
1.25 **Das Boot** 5&6/8. (S2)
3.35 **True Blood** 3/10. **4.40** 4/10. Sookie tracks down the H-Vamps. (S7)
5.45 **Homicide: Life on the Street** 4/20. Munch investigates a teenager's death. **6.50** 5/20. The team investigates a shooting. (S3)


10.00 The Last of Us

7.55 **Game of Thrones** *Blackwater:* 9/10. King Joffrey's days on the Iron Throne appear to be numbered as Stannis lays claim to his late brother Robert's realm. (S2)

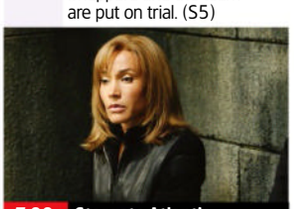
10.00 **The Last of Us** *Long, Long Time:* 3/9. Survivalist Bill forges an unlikely connection. (S1)
11.30 **Julia** 6/8. (S1)
12.30 AM **The Sopranos** 12/13. Pussy's loyalty wavers. (S2)
1.40 **Dexter: New Blood** 5/10.
2.50 **Game of Thrones** As 7.55pm.
4.00 **Richard E Grant's Hotel Secrets** Hotels in Venice.
5.00 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 16/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 11/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **Magnum P.I.** 3/20. (S5)
4.00 **S.W.A.T.** 19/22. (S6)
5.00 **SEAL Team** 10/20. Jason is thrown back into the deep end as he leads his first mission since surgery. (S3)
6.00 **Stargate Atlantis** 13/20. Sheppard and the team are put on trial. (S5)


7.00 Stargate Atlantis

7.00 **Stargate Atlantis** *The Prodigal:* 14/20. Michael infiltrates Atlantis and takes over the ship. (S5)

8.00 **Rob & Romesh vs Drag** The duo dive into the world of drag queens before performing in front of an audience.

9.00 **Never Mind the Buzzcocks** With guests Joy Crookes, Serge Pizzorno and Tom Davis. **9.50** Guests Shaggy, Rosie Jones and Example join the regulars.
10.40 **From** *A Rock and a Farway:* 4/10. Julie finds comfort in her friends, while Jim and Tabitha deal with their marriage. (S1)
11.45 **The Force: North East**
12.50 AM **Road Wars**
2.00 **Peacemaker** New episode 4/8. Superhero action comedy with John Cena. (S2)
2.55 **Magnum P.I.** 3/20. (S5)
4.00 **S.W.A.T.** 19/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.05 **Real Housewives of New...**
12.00 NOON **Dinner Date**
1.00 PM **Billie and Greg**
2.00 **The Only Way Is Essex**
3.00 **The Bachelor Australia** New edition Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

6.00 Celebrity Catchphrase

7.00 **Deal or No Deal** Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing cash.

8.00 **The 1% Club** Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 **Family Guy** 19/20. (S18)
9.30 **Universal Basic Guys** New episode 4/13. Mark joins an elite country club to try to change it. (S1)

10.00 **Family Guy** 20/20. Principal Shephard moves in with the Griffins. **10.30** 14/20. Peter becomes a coach. (S18)
11.00 **Family Guy** 15/20. Stewie tries to create a machine. (S18)
11.30 **American Dad!** 7&1/20. (S14)
12.35 AM **Bob's Burgers** 16/22. (S9)
1.05 **Olivia Attwood's Bad Boyfriends** Reality series.
2.00 **Deal or No Deal**
2.50 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 2&3/7. (S3)
10.20 **The Royal** *Home to Roost.*
11.25 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 4/7. Louisa faces off with love rival Carrie. **4.45** 5/7. The medic and Louisa go on a date at a classical music performance. (S3)
5.50 **Heartbeat** *Fire and Ashes:* Arsonists strike in Aidensfield, and Maggie gets bad news.

8.00 Vera

6.55 **Heartbeat** *All in the Mind:* An eccentric elderly lady reports an abduction, and Greengrass encounters an old crony.

8.00 **Vera** *The Sea Glass:* The detective investigates the murder of a fisherman whose body was found tangled up in a trawler's net, and who may have been killed as part of a family feud.

10.00 **Law & Order: UK** *Line Up:* 5/7. The team investigate internet footage of a teenager being shot. (S6)
11.00 **Law & Order: UK** 6/7. The team attempt to juggle three cases in a day. (S6)
11.55 **Agatha Christie's Poirot** *The Mystery of the Spanish Chest:* A party is a prelude to murder.
1.00 AM **Agatha Christie's Poirot**
2.00 **to 3.00** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **Scotland's Greatest Escape** A scenic flight over the Black Isle.
8.00 **Beechgrove Garden** New edition Lizzie and Brian plant acers in the Jim McColl memorial garden.
8.30 **Jules and Greg's Wild Swim** 5/6. The hidden rock pools and ancient waterfalls of Skye.
9.00 **Facelift** Construction is under way at the hospital.
10.00 **Two Doors Down** 6/6. Alan and Michelle return from Las Vegas with big news. (S7)
10.30 **The Big Scottish Book Club** Series finale 3/3. With guests Paula Hawkins, Rachel Parris and Chris McQueer.
11.00 **Scotcast** New edition
11.30 PM **to 12.00** M'T **Scot Squad** 6/6. (S4)

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S4)
11.20 **Girls** 3&4/10. (S2)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S3)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S3)
6.45 **Will & Grace** (S2)
7.45 **Sex and the City** 12/18. Charlotte considers adoption. **8.25** 13/18. Carrie feels claustrophobic. (S4)
9.00 **Nikki Glaser: Good Clean Filth** The comedian presents a guide to sex in this stand-up special.
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **And Just Like That...**
12.10 AM **Entourage** (S3&4)
1.15 **Veep** 7&8/10. (S6)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Anne-Sophie Mutter, John Williams & Friends: A Celebration**
8.10 **The Joy of Painting**
9.10 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Sci-Fi in the Atomic Age**
3.00 **Painting Birds with Jim and Nancy Moir**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Discovering**
9.00 **The Directors**
10.00 **Laurel and Hardy: Their Lives and Magic**
11.45 **The Art of Film**
12.45 AM **Liam Gallagher: Knebworth 22**
2.45 **Liam Gallagher Live: Knebworth 22**
4.25 **Arts Uncovered**
4.45 **to 6.00** AM **Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager**
7.00 **Star Trek: The Next Generation** 4/26. (S3)
8.00 **Star Trek: Deep Space Nine** 10/26. (S4)
9.00 **Britain's Most Evil Killers** The case of Charlotte Murray.
10.00 **The Real Manhunter**
11.00 **Grimm** 13/13. (S6)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Beat the Chasers** Contestants from across the UK take on a team of Chasers.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Game show hosted by Stephen Mulhern.
9.00 **Ant & Dec's Limitless Win** Childhood sweethearts Bianca and Ky continue their game, followed by husband and wife Charlie and Helen.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Ant & Dec's Limitless Win**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Murder, She Wrote**
9.00 **Diagnosis Murder**
10.10 **Little House on the Prairie** 19&20/24. (S4)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Heartbeat** Romantic drama with John Ritter.
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 6/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** (S1)
9.00 **FILM Carry On Teacher** Vintage comedy starring Ted Ray. (1959, b/w, U, 86min) ★★★
10.55 **Rising Damp** 6/7. (S1)
11.25 **Man About the House**
11.55 **M*A*S*H** (S11)
12.55 AM **Home to Roost** (S1)
1.25 **A Fine Romance** (S1)
2.05 **Danielle Steel's Heartbeat** As 4.00pm.
3.35 **A Fine Romance** (S1)
4.00 **to 4.50** AM **Highway to Heaven**

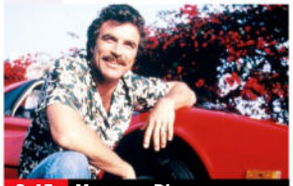
+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **The Derby Through the Years** Memorable stagings.
6.20 **The Saint**
7.20 **Kojak** Double bill.
9.25 **Magnum, PI** Double bill.
11.30 **Robin of Sherwood**
12.40 PM **BattleBots**
1.40 **Kojak** Double bill.
3.45 **Magnum, PI** *Squeeze Play:* Robin loses a painting.
4.50 *A Sense of Debt:* TC repays a debt in Detroit.
5.55 **The Saint** *Paper Chase:* Simon Templar shadows a defecting civil servant.


3.45 Magnum, PI

7.00 **The Motorbike Show** Henry and Guy reveal their redesign to Norton boss Stuart Garner, and Henry tests the CCM Spitfire.
8.00 **The Chase Celebrity Special** Cherry Healey, Dallas Campbell, Ria Hebden and Robert Peston take part.
9.00 FILM **Magnum Force** Thriller sequel to *Dirty Harry*, starring Clint Eastwood and David Soul. Inspector Harry Callahan investigates a wave of underworld killings in San Francisco. (1973, 18, 117min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●
11.35 FILM **Red Heat** Action thriller starring James Belushi and Arnold Schwarzenegger. (1988, 18, 106min) ★★★
1.40 AM **BattleBots**
2.30 **The Protectors**
3.00 **Teleshopping**
5.00 **to 5.30** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 15/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 3/26. (S2)
2.00 **Primeval** 7/7. (S4)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 7/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 15/26. A computerised race take over the *Enterprise*. (S1)

11.00 Westworld

7.00 **Primeval** 7/7. Danny returns through an anomaly with a warning for the team as they tackle a carnivorous terrorbird. (S4)
8.00 **Stargate Atlantis** *Missing:* 7/20. Teyla and Dr Keller are pursued by murderous primitives. With Jewel Staite. (S4)
9.00 **The Ark** *Painful Way:* 9/12. Loyalties are tested when discord gives way to deadly mutiny after an unpopular decision. (S1)
10.00 **Grimm** *Bears Will Be Bears:* 2/22. Nick and Hank investigate when a teenager is attacked while breaking into a house. (S1)
11.00 **Westworld** 9/10. The Man in Black confronts memories from his troubled past.
12.15 AM 10/10. Dolores, Bernard and The Man in Black cross paths at the entrance to the Forge. (S2)
2.00 **True Blood** 9&10/10. (S6)
4.00 **Primeval** As 7.00pm.
5.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 14/23. (S2)
11.00 **Hudson & Rex** 7/16. (S6)
12.00 NOON **Body of Proof** (S1)
1.00 PM **Death in Paradise** (S7)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 14/23. A friend of Cho's is murdered. (S2)
5.00 **Hudson & Rex** 7/16. An instructor at a ballet school dies mysteriously. (S6)
6.00 **Father Brown** *The Truth in the Wine:* A body is discovered in a vineyard.

9.00 Annika

7.00 **Body of Proof** *Broken Home:* 9/9. A socialite's death is thought to be suicide, but Megan suspects otherwise. (S1)
8.00 **Death in Paradise** *Melodies of Murder:* 8/8. A reggae band's reunion is blighted when the guitarist is found dead. (S7)
9.00 **Annika** 6/6. A woman's murder on Glasgow docks hits the officers hard when Michael's brother is named as the next of kin. (S1)
10.00 **Death in Paradise** *Murder on the High Seas:* 3/8. Love is in the air for Neville following an unexpected meeting. (S12)
11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 15/16. Peter and Neal assume each other's identities in a bid to unravel a sinister scheme. (S2)
1.00 AM **Death in Paradise** (S7)
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.20 AM **Don't Wait Up**
8.00 **Keeping Up Appearances**
8.40 **Last of the Summer Wine**
10.00 **Hi-de-Hi!**
10.35 **Open All Hours**
11.15 **Last of the Summer Wine**
12.35 PM **Don't Wait Up**
1.10 **Keeping Up Appearances**
1.50 **Dad's Army**
2.30 **Open All Hours**
3.10 **Last of the Summer Wine**
4.30 **Don't Wait Up**
5.00 **Blackadder Goes Forth**
6.20 **Hi-de-Hi!**

8.20 Blackadder Goes Forth

7.00 **Dad's Army** An enemy aircraft ditches in a reservoir near the town.
7.40 **Open All Hours** Arkwright decides to buy a guard dog to keep away potential burglars.
8.20 **Blackadder Goes Forth** Blackadder decides to organise a stage show.
9.00 **Blackadder Goes Forth** Blackadder applies to join the Royal Flying Corps.
9.40 **Not Going Out** Lee is banished to the sofa when Lucy's father moves in.
10.20 **The Office** David is in his element as the staff prove how wacky they can be for Red Nose Day.
11.00 **Blackadder Goes Forth** Double bill of episodes.
12.20 AM **The Thin Blue Line**
1.00 **Not Going Out**
1.35 **The Office**
2.25 **Dad's Army**
2.55 **The Thin Blue Line**
3.25 **to 4.00** AM **The Office**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Outback Pilots** Double bill.
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef heads to the city of Thessaloniki, regarded as the gourmet capital of Greece.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers explore the nation's love affair with beer and cider.

6.00 Hairy Bikers' Best of...

7.00 **Would I Lie to You?** With Daisy May Cooper, Diane Morgan, Richard Osman and Rory Reid
7.40 **Richard Osman's House of Games** With Michelle Gayle and Maisie Adam.
8.20 With Darren Harriott, Charlie Brooks, Les Dennis and Melinda Messenger.
9.00 **QI XL** Professor Brian Cox, Rhys Darby and Jason Manford join regular panellist Alan Davies and host Stephen Fry.
10.00 **Have I Got a Bit More News for You** Alexander Armstrong hosts, with comedian Ria Lina and journalist Matt Chorley.
11.00 **Taskmaster** The comics create some very special effects.
12.00 M'T **Mock the Week**
12.40 AM **Would I Lie to You?**
2.00 **Dave Gorman: Modern Life Is Goodish**
3.00 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **Jamie: Eat Yourself Healthy** Jamie Oliver serves up seared tuna with wholegrain rice and kimchi sauce.
8.00 **Location, Location, Location** Kirstie Allsopp and Phil Spencer go house-hunting in Bath.
9.00 **The Great British Bake Off** Biscuit Week arrives for the bakers as they take on a 'slice and bake' signature.
10.35 **The Great British Bake Off: An Extra Slice** Jo Brand and Tom Allen meet the first baker to leave the tent.
11.35 **24 Hours in A&E**
1.40 AM **Gogglebox**
3.45 **to 4.40** AM **Jamie: Eat Yourself Healthy**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 17-19/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Engaged – Part One:* 8/24. An aircraft carrying dead US Marines crashes.
7.00 *Engaged – Part Two:* 9/24. Ziva and Gibbs lead the mission to rescue the captured Marine.
8.00 *Sins of the Father:* 10/24. Tony's father is found drunk in a car that has a dead body in the boot. (S9)
9.00 **Blue Bloods** *Foreign Interference:* 21/22. Danny and Baez team up with two visiting operatives to search for a Russian fugitive. (S7)
10.00 **Law & Order: Special Victims Unit** (S20&19)
1.50 AM **Person of Interest**
2.45 **Criminal Minds** (S12)
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts**
9.00 **A&E After Dark**
10.00 **Ambulance: Code Red** A paramedic and a doctor fight to save the life of a 16-year-old boy.
11.00 **Skin A&E**
12.00 M'T **The Hospital: Life on the Line**
1.00 AM **GPs: Behind Closed Doors** A baby is rushed into the surgery.
2.00 **Casualty 24/7: Every Second Counts**
2.50 **Police Interceptors**
3.35 **to 4.00** AM **Home and Away**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Outback Truckers**
10.00 **Trucking Hell**
11.00 **Traffic Cops**
12.00 NOON **Police Interceptors**
2.00 PM FILM **A Reason to Live, A Reason to Die** Spaghetti Western starring James Coburn. (1972, PG, 92min) ★★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors**
8.00 **Motorway Cops: Catching Britain's Speeders** Documentary.
9.00 **Mud Mountain Haulers** New edition Craig's brother Brent borrows a logging machine.
10.00 **Outback Truckers**
11.00 **MacGyver** 8/23. (S2)
12.00 M'T **La Brea** New episode 9/14. (S2)
1.00 AM **The Tube: Keep London Moving!**
2.00 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition The contestants must take their cue from a very gooey Mystery Box.
8.00 **Inside the Ambulance** Medics come to the aid of a man who is in agony after having his kidney stones removed.
9.00 **Stacey Dooley Sleeps Over** Documentary.
10.00 **Louis Theroux: The City Addicted to Crystal Meth** Documentary.
11.00 **First Responders**
1.00 AM **Interior Design Masters with Alan Carr**
2.15 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 6/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Signora Volpe** *Truffles and Treachery:* 3/3. Sylvia investigates when the son of an old friend is arrested for murder. (S1)
10.00 **New Tricks** *Last Man Standing – Part Two.*
11.20 **Spooks** *New Allegiances:* 1/8. (S7)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **Sister Boniface Mysteries**

+1 hr 243 316 60 260

THURSDAY Entertainment

Thursday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Mica Paris.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** David Harper and Izzie Balmer rummage for antiques in Scotland. **8.00** David and Izzie visit Edinburgh.
9.00 **Ghost Adventures: House Calls** New edition Zak's team brace for a chaotic spiritual storm.
10.00 **My Haunted Hometown** New edition Unsuspecting families take drastic steps to rid themselves of spirits.
11.00 **Help! My House Is Haunted** Triple bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Terry Wogan takes part in the quiz.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** With guests Dan Lobb, Jodie Prenger, Chris Packham and Jennie McAlpine.
8.00 **The Chase** Double bill of the quiz show hosted by Bradley Walsh.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** Western.
9.50 **FILM Cat Ballou** Western spoof. (1965, PG, 96min) ★★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM Vera Cruz** Adventure. (1954, PG, 94min) ★★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers** (S1)
9.00 **FILM xXx: Return of Xander Cage** Action thriller sequel. (2016, 12, 107min) ★★★
11.25 **FILM First Kill** Thriller. (2017, 15, 97min) ★★
1.35 AM **The Avengers** (S4)
2.35 **The New Avengers** (S1)
3.35 **Cops Uncut** Double bill.
4.25 **to 5.50** AM **Wild West Chronicles**

+1 hour 324

Great! Mystery

321 318 425 50 48

8.10 AM **FILM Stealing Paradise** (2011) ★★★
10.00 **Unforgettable** (S1)
11.00 **Castle** 5/10. (S1)
12.00 NOON **FILM Garage Sale Mysteries: The Deadly Room** Drama. (2015, PG, 83min) ★★
1.55 PM **FILM Garage Sale Mysteries: The Wedding Dress** Drama. (2015, PG, 83min) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 6/10. (S1)
8.00 **Unforgettable** (S1)
9.00 **FILM A Kind of Murder** Drama. (2016, 15) ★★★
11.05 **FILM The House on the Hill** (2019, 12) ★★
1.00 AM **FILM Grandma Dearest** Thriller. (2020, PG, 87min) ★★
2.50 **FILM Lethal Beauty** Thriller. (2018, 12) ★★
4.25 **to 4.50** AM **Police Ten 7**

+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Christmas by Chance** (2020, PG) ★★
10.00 **FILM Christmas in the Highlands** (2019) ★★
12.05 PM **FILM The Christmas Chalet** (2019, PG) ★★
2.00 **FILM A Blue Ridge Mountain Christmas** Comedy. (2019, PG) ★★
4.00 **FILM A Bramble House Christmas** Drama. (2017, PG, 84min) ★★
5.55 **FILM The Christmas Cottage** (2017, U) ★★
8.00 **FILM Christmas in Evergreen** Drama. (2017, U, 84min) ★★
9.55 **FILM A Rose for Christmas** Drama. (2017, U, 90min) ★★
11.55 **FILM The Sweetest Christmas** Drama. (2017, PG, 90min) ★★
1.50 AM **FILM Christmas in the Air** (2017, U) ★★
3.25 **to 4.50** AM **FILM A Blue Ridge Mountain Christmas** As 2.00pm.

+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
10.00 **Bewitched** (S1)
10.30 **Soap** 2/25. (S1)
11.00 **In Loving Memory** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **FILM The Bulldog Breed** (1960, PG) ★★
3.00 **Bramwell** (S1)
4.00 **Mapp and Lucia** (S1)
5.00 **Lucky Feller**
5.30 **In Loving Memory** (S1)
6.00 **The Monkees** (S1)
6.30 **Soap** 2/25. (S1)
7.00 **Carry On Laughing**
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **Lucky Feller**
9.00 **Please Sir!** (S3)
9.30 **Brass** 12/13. (S2)
10.00 **Game On** 5/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Giant Spider Invasion** (1975)
1.35 **Auto Rewind**
1.50 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** Alaskan crab fisherman brave the treacherous waves of the Bering Sea. **8.00** Captains must choose whether to risk their lives for a payday.
9.00 **Expedition From Hell: The Lost Tapes** Mickey is arrested at gunpoint.
10.00 **Expedition Unknown**
11.00 **Mysteries of the Deep**
12.00 M'T **Naked and Afraid XL** Double bill.
2.00 AM **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**

+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **Hairy Bikers Go North** Northumberland.
7.00 **Rachel Allen: Bake!**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **Hairy Bikers: Route 66**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Islands to Highlands**
2.00 **French Adventure**
3.00 **Rachel Allen: Bake!**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **Jamie's 15 Minute Meals**
6.00 **Hairy Bikers: Route 66**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **James Martin's Islands to Highlands**
10.00 **Adam Richman Eats Britain** Double bill.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**

+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 23/24. (S8)
9.00 **The Fall Guy** (S3)
10.00 **Charlie's Angels** (S1)
11.00 **The Gambler: The Adventure Continues**
3.00 PM **FILM The Ride to Hangman's Tree** Western with Jack Lord. (1966, U, 88min) ★★
5.00 **Star Trek** 13/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 8/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Drive Angry** Supernatural thriller starring Nicolas Cage. (2011, 18, 104min) ★★★
11.05 **FILM Half Past Dead** Crime action thriller starring Steven Seagal. (2002, 15, 98min) ★★★
1.00 AM **FILM Mindscape** Fantasy thriller. (2013, 15, 97min) ★★★
3.00 **to 4.50** AM **FILM The Humanity Bureau** Sci-fi thriller with Nicolas Cage. (2017, 15, 95min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM The People That Time Forgot**
8.00 **FILM Beware! The Blob** Comedy. (1972, 15) ★★
10.00 **Andromeda** 20/22. (S1)
11.00 **FILM Zodiac: Signs of the Apocalypse** Thriller. (2014, PG, 90min) ★
1.00 PM **FILM Arctic Apocalypse** Disaster movie. (2019, PG) ★
3.00 **Andromeda** 20/22. (S1)
4.00 **Six Million Dollar Man**
5.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
7.00 **Andromeda** 21/22. (S1)
8.00 **Six Million Dollar Man**
9.00 **FILM Black Water** Crime thriller. (2018, 15, 104min) ★★
11.05 **FILM Sniper: Special Ops** Action thriller. (2016, 15, 82min) ★★
1.00 **to 3.00** AM **FILM Forget Everything and Run** Thriller. (2021) ★★

+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real Deal** From Coalville.
6.40 **Junk and Disorderly**
7.35 **Auction Hunters: Pawn Shop Edition**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs Declassified**
11.10 **The UnXplained**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **Ancient Aliens**
10.00 **The Proof Is Out There**
11.00 **UFOs: The Lost Evidence** Double bill.
1.00 AM **UFOs Declassified**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** Rathlin.
12.00 NOON **Loch Lomond: A Year in the Wild**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of the Royal Traditions** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben meets a 70-year-old man living in the Cairngorms.
9.00 **Royal Residences: A Map of Britain** A look at the worth of royal homes around the nation.
10.30 **Around the World by Train with Tony Robinson** Australia.
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home Fab Faves**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** In Shropshire.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** Property series.
9.00 **My Dream Derelict Home in the Sun**
10.00 **The Flipping El Moussas** New edition Tarek El Moussa tries to show his sister the ins and outs of flipping.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**

+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home**
9.00 **Say Yes to the Vegas Dress** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple...**
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish: Brave New World**
3.00 **Outdaughtered: Busby Quints** Double bill.
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **Say Yes to the Dress**
8.00 **I Didn't Know I Was Pregnant** Double bill.
9.00 **24 Hour Baby Hospital**
11.00 **Body Bizarre**
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **Hoarding: Buried Alive**
3.00 **Body Bizarre**
4.00 **I Didn't Know I Was...**
5.00 **to 6.00** AM **Extreme Couponing**

+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 10&11/24. (S1)
10.00 **Last Man Standing**
11.00 **Everybody Loves Raymond** 1-4/16. (S9)
1.00 PM **Friends** (S4)
7.00 **Friends** 20-23/24. (S4)
9.00 **FILM Bean** Big screen comedy spin-off starring Rowan Atkinson. (1997, PG, 90min) ★★★
10.40 **8 Out of 10 Cats**
11.10 **8 Out of 10 Cats: Best Bits** Comedy panel show.
11.40 **Mike Judge's Beavis and Butt-Head** (S3)
12.40 AM **South Park** (S17)
1.40 **CC Live: Stand Up Shorts** With Dee Allum.
2.10 **Utopia** 5/8. (S1)
2.40 **Nigel Ng: The Haiyaa Special** Stand-up.
3.25 **Important Things with Demetri Martin**
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**

+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 10&11/13. (S1)
11.00 **Friends** 16-19/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 12&13/13. (S1)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing**
7.00 **Everybody Loves Raymond** 1-4/16. (S9)
9.00 **New Girl** 17&18/24. Double bill. (S1)
10.00 **Friends** (S3&4)
1.00 AM **Beavis and Butt-Head** (S5)
2.00 **Key & Peele**
3.00 **Andrew Maxwell: Yo Contraire** Stand-up.
3.45 **Desiree Burch at the Comedy Store**
4.05 **John Robins at the Comedy Store**
4.30 **Out of Order**
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Celebrity Four Weddings** Reality series.
9.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **UK Border Force**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **NCIS: New Orleans**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Border Security USA**
7.00 **SEAL Team** 17&18/22. Double bill. (S1)
9.00 **Road Wars**
10.00 **Last King of the Cross** 7&8/10. Double bill. (S1)
12.10 AM **The Russell Howard Hour**
1.00 **A League of Their Own: Mexican Road Trip**
2.00 **Duck Quacks Don't Echo** With Jo Brand.
3.00 **Road Wars**
4.00 **Four Weddings**
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
11.00 **Catfish: Love Triangles**
12.00 NOON **Catfish: The TV Show** Triple bill.
3.00 PM **Catfish: Worst Offenders**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2: From the Beginning** Double bill.
8.00 **Rich Kids Go Skint**
9.00 **Help! I'm in a Secret Relationship!**
10.00 **Jersey Shore Family Vacation** New edition
11.00 **The Challenge: Vets & New Threats** New edition
12.30 AM **Love & Hip Hop: Atlanta** New edition
1.30 **Ink Master Redemption**
2.20 **Geordie Shore: Gary's Story** Reality series.
3.10 **to 4.00** AM **Celeb Ex in the City**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
12.00 NOON **Wheeler Dealers**
1.00 PM **Gold Divers** Double bill.
3.00 **Scrap Kings** In Swansea, a huge barge is ripped apart. **4.00** A Rolls Royce 747 jet engine is deconstructed.
5.00 **Building Off the Grid** A Montana carpenter plans to build a pontoon houseboat.
6.00 **Hoffman Family Gold** It's Jack's birthday, but there is no time for celebrations.

9.00 In the Eye of the Storm

7.00 **Wheeler Dealers: Dream Car** Mike Brewer and Marc Priestley help police officer Deepak trade up his Nissan Juke.

8.00 **Mega Shippers** Storm Abigail leaves supply vessel *Daroja* stranded in Lerwick with vital supplies needed by the residents.

9.00 **In the Eye of the Storm** New edition A tornado outbreak devastates Nebraska, flipping trains and tearing homes apart.

10.00 **Marooned with Ed Stafford** The adventurer faces extreme exposure to intense sunlight and freezing temperatures.

11.00 **Mystery at Blind Frog Ranch** Charlie investigates a strange death on the ranch.
12.00 M'T **Blowing Up History**
1.00 AM **In the Eye of the Storm**
2.00 **Marooned with Ed Stafford**
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1 hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Bad Dog!** Documentary.
10.00 **Tanked** From Florida.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A couple's cat is causing chaos with its appetite for destruction. **4.00** A cat struggles to control its bladder at home.
5.00 **Lone Star Law** The wardens examine a suspected poacher.
6.00 **Dr Jeff: Rocky Mountain Vet** A cat with kidney disease.

5.00 Lone Star Law

7.00 **Treehouse Masters** Pete Nelson heads to Alabama's Appalachia to build a treehouse fit for a budding James Bond.

8.00 **Alaska: Surviving the Last Frontier** Greg Pierson sets out on a mountain goat hunt despite never having fired a gun before.

9.00 **Alaska: The Last Frontier** As autumn arrives, the Kilchers race to finish their preparations for winter.

10.00 **Alaskan Bush People** The Wolfpack race to complete a major build, and the Brown family adds a new member.

11.00 **Pit Bulls & Parolees** Tia has an explosive confrontation with new parolee Randy.
12.00 M'T **Crikey! It's the Irwins**
1.00 AM **Alaska: Surviving the Last Frontier** As 8.00pm.
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1 hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Inside 9/11**
2.00 PM **World War II: The Apocalypse** Double bill.
4.00 **Pirates: Behind the Legends** The story of history's most notorious pirate, Blackbeard.
5.00 **Car S.O.S** Fuzz and Tim restore a 1962 TVR Grantura.
6.00 **Hitler's Last Stand** A French-Canadian sniper sets out to liberate a Dutch city.

8.00 Inside Melbourne Airport

7.00 **Air Crash Investigation** The case of a plane that crashed during a secret mission in 1961 with a UN Secretary on board.

8.00 NEW SERIES **Inside Melbourne Airport** Operations at the busiest airport in Australia are halted by a blackout.

9.00 **Air Crash Investigation** Focusing on the plane that targeted the Pentagon during the 2001 terrorist attack.

10.00 **9/11: Inside the Pentagon** Personal stories of survivors of the 2001 terrorist attack on the Pentagon.

11.00 **Air Crash Investigation**
12.00 M'T **Construction Fails**
1.00 AM **To Catch a Smuggler: Tropical Takedown**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1 hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The UnBelievable with Dan Aykroyd**
1.00 PM **Alone** As 10.00pm.
2.00 **Swamp Mysteries with Troy Landry** As 9.00pm.
3.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
5.00 **Storage Hunters** Double bill.
6.00 **American Pickers**

10.00 Alone

7.00 **Forged in Fire** After two challenging rounds of signature crafting, two smiths are tasked with recreating the kelewang.

8.00 **Secrets of Great British Castles** Dan Jones explores the turbulent history of six of Britain's most famous castles.

9.00 **Swamp Mysteries with Troy Landry** New edition Troy answers an urgent call from fellow swamper Daniel Edgar.

10.00 **Alone** New edition In the aftermath of a freak storm, the remaining five survivalists take stock of their place in the game.

11.00 **World's Most Unexplained...**
12.00 M'T **Haunted Hospitals**
12.55 AM **The UnBelievable with Dan Aykroyd** Some of the more bizarre things that have fallen from the sky.
1.50 **Swamp Mysteries with Troy Landry** As 9.00pm.
2.50 **Adventure Gold Diggers**
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Adolf Hitler's War**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Adolf Hitler's War** Occupants in Ukraine, Belarus and Poland take the brunt of the cruelty.
6.00 **Antiques Roadshow**

8.00 Bangers & Cash

7.00 **Tropic of Cancer with Simon Reeve** Simon traces the path of the northern tropic around the globe.

8.00 **Bangers & Cash** New edition Derek and Jack collect a 1929 Riley Monaco and a 1924 Alvis 12/50 tourer.

9.00 **Flipping Bangers** Car enthusiasts Will and Gus head to the West Country to buy a VW Golf GTI.

10.00 **Bangers & Cash: Restoring Classics** The team lift the shutters on a Series 1 Land Rover, their biggest restoration to date.

11.00 **Bangers & Cash** A collection of Austin Mini Metros arrive for auction.
12.00 M'T **Find It, Fix It, Flog It** Simon O'Brien repurposes some old suitcases.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great Continental and Indian Railway Journeys**

+1 hour 255 329

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Goblin Works Garage**
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** The 18th stage of the Grand Tour race.
8.00 **Salvage Hunters**
10.00 **Secret Life of the Auction House** New edition Jewellery expert Helen has her hands full with a massive gold chain.
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes... UK**
10.00 **Say Yes to the Dress**
11.00 **Crime Stories**
12.00 NOON **Love, Honor, Betray** Documentary.
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Crime Stories**
8.00 **Murder on CCTV**
9.00 **Evil Lives Here** New edition
10.00 **Evil Lives Here: Shadows of Death**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** Documentary.
3.00 **to 4.00** AM **FBI Files**

+1 hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** An IT support worker steals hospital computers.
8.00 **Killers: Caught on Camera** A teen escapes as her brother kills five, and digital forensics and CCTV expose him.
9.00 **Bloodline Detectives** In Colorado in 1996, a young woman's body was found in an alley. **10.00** In 2001, a student is attacked in Williamsburg, Virginia and months later the attacker strikes again.
11.00 **Britain's Countryside Killers** Georgia Williams.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1 hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Facing Evil**
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Facing Evil** A man found guilty of the murder of a student. **4.30** The murder of Bruce Kellogg in 1992.
5.00 **Medical Detectives** Investigating a depressed heart surgeon's apparent suicide. **5.30** A woman keeps falling ill and doctors cannot determine why. **6.00** CCTV footage of a murder proves too fuzzy. **6.30** A 24-year old criminology student is found murdered.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Snapped** Sheila Labarre.
12.00 NOON **Murdered at...**
1.00 PM **Britain's Most Evil...**
2.00 **Killer in My Village**
3.00 **What the Killer Did Next** Peter McMahon.
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **Catching the Killer**
10.50 **Britain's Most Evil Killers**
11.55 **Murder Uncut**
1.00 AM **How I Caught the Killer** Documentary.
2.00 **Killer in My Village**
3.00 **Snapped** True-crime.
4.00 **Border Security: Canada's Front Line**
5.00 **to 6.00** AM **Motorway Patrol**

+1 hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **Grand Tours of...**
8.40 **My Grandparents' War**
9.40 **Thirties in Colour...**
10.40 **The M Factor...**
11.55 **Lost World of Angkor Wat** The Khmer empire.
1.00 PM **Grand Tours of the Scottish Islands**
1.55 **My Grandparents' War**
2.55 **Thirties in Colour: Countdown to War**
4.00 **The M Factor: Shredding the Silence on Menopause**
5.15 **Lost World of Angkor Wat** The Khmer empire.
6.25 **My Grandparents' War**
7.30 **Thirties in Colour: Countdown to War**
8.35 **NEW The M Factor: Shredding the Silence on Menopause**
9.50 **Lost World of Angkor Wat** The Khmer empire.
11.00 **Thirties in Colour: Countdown to War**
12.00 M'T **The M Factor...**
1.20 **to 2.00** AM **Grand Tours of the Scottish Islands**

THURSDAY

Thursday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Last Movie Stars**
7.00 **Discovering: Michael Keaton**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **Shaq** As shown at 7.00pm.
11.00 **The Jinx: The Life and Deaths of Robert Durst** As 8.00pm.
12.00 NOON **Terry Venables: A Man Can Dream** Documentary.
2.00 PM **Hurst: The First and Only**
3.50 **My Icon: Chris Hughton**
4.00 **Discovering: Michael Keaton**
5.00 **The Directors**
6.00 **The Eighties**
7.00 **Shaq** 4/4. Shaquille reflects on past relationships.
8.00 **The Jinx: The Life and Deaths of Robert Durst** 4/6. Durst's trial for the murder of Morris Black.
9.00 **Bibaa & Nicole: Murder in the Park** 1-3/3. Documentary about the murder of sisters Bibaa Henry and Nicole Smallman.
12.00 M'T **The Wimbledon Kidnapping** Documentary.
1.50 AM **Rise of the Superheroes**
4.00 **The Directors**
5.00 **to 6.00** AM **Discovering: Michael Keaton**

Sky Nature

145 113/114 189 354 369

6.00 AM **Animal Empires**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Living Beach**
10.00 **Volcanic Odysseys**
11.00 **Uptown Otters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Living Beach**
4.00 **Volcanic Odysseys**
5.00 **Into the Wild: Colombia**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Great Parks of Africa** A secret corner of Kruger National Park.
9.00 **Coral City** Supersize sea snails try to fend off a gang of coral-hungry starfish.
10.00 **Wild Birds of Australia** The country's birds of prey.
11.00 **Into the Wild: Colombia**
12.00 M'T **Uptown Otters**
1.00 AM **Animal Empires**
2.00 **Great Parks of Africa**
3.00 **Coral City** As 9.00pm.
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries** Actor Laurence Fishburne explores the *Hindenburg* airship disaster of May 1937, when the craft caught fire during landing in New Jersey.
7.00 **Battle 360** The Carrier Task Force's 1944 assault on Kwajalein and Truk Lagoon. **8.00** American forces struggle to reclaim the Marianas Islands.
9.00 **Clash of Ancient Warriors** The Battle of Thermopylae. **10.00** Rome's defeat at the Battle of Teutoburg Forest.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Cops Gone Bad with Will Mellor** Martin Forshaw.
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
9.00 **The First 48** New edition
10.00 **Interrogation Raw**
11.00 **Homicide Hunter**
12.00 M'T **Somebody's Hiding...**
1.00 AM **The First 48**
2.00 **An Hour to Kill**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the Backyard**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Wild, Smart and Deadly**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Future Cats**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo: The Wild Side**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo** A beloved flamingo fights for its life.
8.00 **Untamed Philippines** The wildlife of the islands. **9.00** Featuring an island where people come to swim with whale sharks.
10.00 **Lawless Island** Sam gets stuck on a rotten boat roof trying to salvage a mast.
11.00 **Ice Road Rescue**
12.00 M'T **Wild, Smart and Deadly**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Planes That Changed the World** As shown at 8.00pm.
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works** NASA's most destructive stars.
8.00 **Planes That Changed the World** A look at the Airbus A380, a double-decked aircraft that is designed to carry 800 passengers.
9.00 **Ancient Unexplained Files** Microbiology reveals why a medieval child was buried with a stone in its mouth.
10.00 **How Do They Do It?**
11.00 **World's Top 5**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** It's a race against time to dig out a man buried under three tonnes of soil, and the team are called to rescue the victims of a major crash involving a taxi. **8.00** A man is left with a metal spike impaled in his face after a traumatic incident on a construction site, sparking a huge rescue operation. **9.00** There's a serious crash in the fog and the team battle to free a trucker trapped in his cab, and a bizarre accident in a soft play centre leads to a suspected spinal injury. **10.00** A Lamborghini supercar bursts into flames leaving two passengers with serious injuries. **11.00** A car being pursued by police crashes, and HART are called to treat an injured passenger trapped in her seat.
12.00 M'T **999 Rescue Squad**
5.20 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Evil Lives Here**
9.00 **Faking It: Tears of a Crime**
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **American Detective with Lt Joe Kenda** Double bill.
3.00 **American Monster**
4.00 **Disappeared**
5.00 **Web of Lies**
7.00 **Killer Unknown** Officers examining Dena Dean's family make a shocking conclusion. **8.00** Detective Mike Huff narrows his focus to a young man who was Dena Dean's boyfriend in 1998.
9.00 **The Murder Tapes** Officers in Indiana search for the person responsible for the shooting of 28-year-old D'Angelo White.
10.00 **Devil Among Us** A woman and her grandmother held hostage two days before Christmas.
12.00 M'T **Scene of the Crime with Tony Harris** Double bill.
2.00 AM **Web of Lies**
4.00 **to 6.00** AM **Killer Unknown**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** Stormy weather brings down the roof of a stadium.
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** As 1.00am.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop**
10.00 **Kindig Customs**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic Cars** A customised Hot Rod.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.45 AM **Into the Wonderwoods** Animation. (2024, U) ★★★
8.20 **The Mountain** As 2.50am.
10.00 **The Lord of the Rings: The War of the Rohirrim** Animation. (2024, 12) ★★★★
12.20 PM **Amongst the Wolves**
2.15 **The Prosecutor** Hong Kong thriller. (2024, 15, 117min)
4.15 **One of Them Days** (2025)
6.00 **Saturday Night** Comedy drama starring Gabriel LaBelle. (2024, 15, 109min) ★★★★

2.15 The Prosecutor

8.00 Amongst the Wolves Thriller starring Luke McQuillan and Aidan Gillen. An ex-soldier meets a teen fleeing a gang, an encounter which forces them to confront their pasts while facing present realities. (2024, 15, 102min)

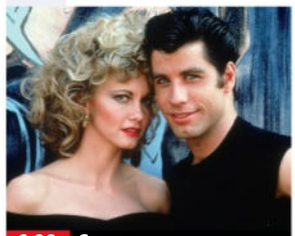
9.50 One of Them Days Comedy starring Keke Palmer and SZA. Two roommates race against time to avoid eviction after one of their boyfriends spends their rent money. (2025, 15, 97min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.30 **The Brutalist** Epic drama starring Adrien Brody, Felicity Jones and Guy Pearce. (2024, 18, 215min) ★★★★★
2.50 AM **The Mountain** Comedy drama with Elizabeth Atkinson. (2024, PG, 89min) ★★★★
4.30 **to 6.00** AM **Restless** Thriller starring Lyndsey Marshal. (2024, 15, 89min) ★★

Sky Cinema Gems

303 303 403 503 517

6.00 AM **Gods of Egypt** As 3am.
8.10 **Scott Pilgrim vs. the World** Comedy. (2010, 12) ★★★★
10.15 **Dinner for Schmucks** Comedy. (2010, 12, 113min) ★★★
12.15 PM **Mr Deeds** Comedy. (2002, 12, 96min) ★★★
2.05 **Charlie's Angels** Comedy thriller. (2000, 15) ★★★★
4.00 **Charlie's Angels: Full Throttle** (2003, 12) ★★
6.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★



6.00 Grease

8.00 Anyone But You Romantic comedy starring Sydney Sweeney and Glen Powell. After a first date, a duo's attraction turns chilly, until they are reunited at a wedding. (2023, 15, 103min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Madame Web Fantasy adventure starring Dakota Johnson. A paramedic is granted the gift of foresight while trying to protect three young women from a killer. (2024, 12, 116min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.00 M'T **Meet Joe Black** Supernatural romantic drama. (1998, 12, 181min) ★★★★
3.00 AM **Gods of Egypt** Fantasy with Nikolaj Coster-Waldau. (2016, 12, 127min) ★★★
5.15 **to 6.15** AM **Sky Cinema Preview**

Sky Cinema Drama

310 310 410 510 524

6.20 AM **My First Summer** (2020)
7.50 **The Quiet Man** Romantic drama. (1952, U, 129min) ★★★
10.10 **Pawn Sacrifice** As 4.40am.
12.15 PM **My First Summer** Drama starring Markella Kavenagh. (2020, 15, 80min) ★★★
1.45 **Chicago** As 12.15am.
3.50 **Tommy** Ken Russell's screen version of The Who's rock opera. (1975, 15, 111min) ★★★★
5.50 **Girl You Know It's True** Biopic. (2023, 15, 124min) ★★★
8.00 **Bob Marley: One Love** Biopic starring Kingsley Ben-Adir. The story of how reggae icon Bob Marley overcame adversity, and the journey behind his revolutionary music. (2023, 12, 104min) ★★★
10.00 **Midnight Express** Prison drama starring Brad Davis as a young American sentenced to imprisonment in a Turkish jail. (1978, 18, 120min) ★★★★
12.15 AM **Chicago** Oscar-winning screen version of the musical. (2002, 12, 112min) ★★★★
2.20 **A League of Their Own** Comedy drama with Tom Hanks. (1992, PG, 124min) ★★★★
4.40 **to 6.50** AM **Pawn Sacrifice** Drama. (2014, 12, 115min) ★★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

6.20 AM **The Pact** As 1.20am.
8.00 **Concrete Utopia** As 3.00am.
10.15 **Ouija** Horror. (2014, 15) ★★
11.55 **2012** Epic disaster movie. (2009, 12, 158min) ★★★
2.40 PM **I Am Legend** Sci-fi thriller. (2007, 15, 101min) ★★★★
4.30 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
6.05 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
8.00 **The Nun** Horror starring Taissa Farmiga and Demián Bichir. A troubled priest and a novice nun discover a religious order's terrible secret and battle a malevolent force. With Jonas Bloquet. (2018, 15, 96min) ★★★
9.50 **A Quiet Place** Horror starring Emily Blunt and John Krasinski, who also directed. A family are forced to live in silence while hiding from monsters with hypersensitive hearing. (2018, 15, 90min) ★★★★
11.30 **A Quiet Place: Day One** Horror prequel. (2024, 15) ★★★★
1.20 AM **The Pact** Mystery thriller. (2012, 15, 85min) ★★★
3.00 **Concrete Utopia** Disaster drama. (2023, 15, 130min) ★★★★
5.20 **to 7.10** AM **Night Swim** Horror. (2024, 15, 98min) ★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.40 AM **Stuart Little** Fantasy. (1999, U, 84min) ★★★★★
8.10 **Stuart Little 2** (2002) ★★★★
9.35 **The Cat in the Hat** Fantasy. (2003, PG, 82min) ★★★★
11.00 **Twist** (2021, 12) ★★★★
12.40 PM **A Tiger's Journey** Drama. (2023, PG, 94min) ★★★
2.25 **Paul Blart: Mall Cop 2** Comedy sequel. (2015, PG) ★★
4.10 **Jackie Chan's The Tuxedo** Comedy. (2002, 12) ★★
6.00 **Wicked** (2024, PG) ★★★★

6.00 Wicked

8.40 **Johnny English** Spoof comedy starring Rowan Atkinson as a bungling British spy entrusted with solving the theft of the Crown Jewels and thwarting a dastardly plot to seize the throne. With Natalie Imbruglia, John Malkovich and Ben Miller. (2002, PG, 88min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Ride On** Action drama. (2023, PG, 126min) ★★★
2.15 **Thunderbirds** Adventure. (2004, PG, 95min) ★★
3.55 **to 6.00** AM **The Three Musketeers: Milady** Swashbuckling sequel. (2023, 12, 115min) ★★★★

Sky Cinema Action

307 307 407 507 521

7.45 AM **The Magnificent Seven** Western. (1960, PG) ★★★★★
9.55 **The Mechanic** Action thriller. (2011, 15, 93min) ★★
11.30 **Superman IV: The Quest for Peace** Fantasy adventure sequel. (1987, PG, 90min) ★
1.05 PM **Mad Max: Fury Road** Thriller. (2015, 15) ★★★★★
3.10 **Bad Boys II** Action comedy sequel. (2003, 15) ★★★
5.45 **The Mummy** Adventure. (1999, 15, 124min) ★★★★

7.55 The Fall Guy

7.55 **The Fall Guy** Action comedy starring Ryan Gosling and Emily Blunt. A down-and-out stuntman sets out to find the missing star of his ex-girlfriend's blockbuster. With Aaron Taylor-Johnson and Hannah Waddingham. (2023, 12, 126min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.10 **Monkey Man** Action thriller starring Dev Patel and Sharlto Copley. A man unleashes a campaign of vengeance against the men who killed his mother. (2024, 18, 121min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Chappie** Sci-fi thriller with Dev Patel and Hugh Jackman. (2015, 15, 120min) ★★
2.20 **Sudden Death** Action thriller. (1995, 18, 110min) ★★★
4.15 **to 6.00** AM **Kung Fu Hustle** Martial arts action comedy. (2004, 15, 99min) ★★★★

Sky Cinema Comedy

308 308 408 508 522

6.10 AM **Crazy Rich Asians** (2018)
8.25 **HouseSitter** (1992, PG) ★★★
10.15 **Miss Congeniality** Comedy. (2000, 12, 109min) ★★★★
12.15 PM **Miss Congeniality 2: Armed and Fabulous** Comedy sequel. (2005, 12, 113min) ★★
2.15 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
3.55 **Baywatch** Action comedy. (2017, 15, 121min) ★★
5.55 **Crazy Rich Asians** Comedy. (2018, 12, 120min) ★★★★

8.00 Hope Springs

8.00 **Hope Springs** Romantic comedy drama starring Meryl Streep and Tommy Lee Jones. A long-married couple try to rekindle the spark in their stale relationship. With Steve Carell and Jean Smart. (2012, 12, 98min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.50 **The Holdovers** Comedy drama starring Paul Giamatti. A cranky history teacher at a remote prep school is forced to remain on campus over the Christmas holidays with a student. (2023, 15, 133min) ★★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.05 AM **Seven Psychopaths** Dark comedy starring Colin Farrell. (2012, 15, 106min) ★★★★
2.05 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
3.55 **The Cinema List: The 90s**
4.25 **to 6.25** AM **You, Me and Dupree** Comedy remake. (2006, 12, 109min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.00 AM **Gloria** Gangster thriller. (1999, 15, 107min) ★★
8.00 **Ferrari** Biographical drama. (2023, 15, 130min) ★★★
10.15 **Mob Cops** As 4.20am.
11.50 **Jack Reacher** Action thriller. (2012, 15, 130min) ★★★
2.05 PM **Trap** Psychological thriller. (2024, 15, 105min) ★★★★
4.00 **Jack Reacher: Never Go Back** Thriller sequel. (2016, 12) ★★★
6.05 **The Beekeeper** Action thriller. (2023, 15, 105min) ★★★

8.00 Split

8.00 **Split** Director M Night Shyamalan's thriller starring James McAvoy and Anya Taylor-Joy. After being abducted by a kidnapper with multiple personalities, three young women are engaged in a fight for survival. (2016, 15, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.05 **The Krays** British crime drama starring Gary and Martin Kemp as the notorious gangster twins Reg and Ronnie Kray, who ran London's underworld in the 1960s. (1990, 18, 119min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.15 AM **Law Abiding Citizen** Revenge thriller starring Jamie Foxx and Gerard Butler. (2009, 18, 109min) ★★
2.15 **American Gigolo** Thriller starring Richard Gere. (1980, 18, 117min) ★★★
4.20 **to 6.05** AM **Mob Cops** Crime drama. (2024, 15, 87min) ★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **13 Rue Madeleine** Thriller. (1946, b/w, U, 95min) ★★★
1.05 PM **Patton** World War Two biopic starring George C Scott. (1969, PG, 163min) ★★★★
4.25 **Dead of Night** Cult chiller starring Michael Redgrave. (1945, b/w, PG, 95min) ★★★★
6.45 **Groundhog Day** Romantic fantasy comedy starring Bill Murray and Andie MacDowell. (1993, PG, 103min) ★★★★★

6.45 Groundhog Day

Groundhog Day (film started at 6.45pm) **8 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Django Unchained** Quentin Tarantino's Oscar-winning Western starring Jamie Foxx, Christoph Waltz, Samuel L Jackson and Leonardo DiCaprio. A former slave becomes a deadly bounty hunter and embarks on a perilous mission to rescue his wife from a Mississippi plantation. (2012, 18, 165min) ★★★★ **9 PM** **10 PM** **11 PM**
SEX ●●● VIOLENCE ●●● LANG ●●●

12.20 AM **Fremont** Drama starring Anaita Wali Zada, Jeremy Allen White and Gregg Turkington. (2023, b/w, 12, 91min) ★★★★
2.10 **to 4.00** AM **The Actors** Caper comedy starring Michael Caine and Dylan Moran. (2002, 15, 92min) ★★

+1hour 314 430 47 301 257

Sky Cinema 00s

302 302 402 502 516

6.20 AM **The 00s: Cinema's Greatest Decade**
6.40 **Gothika** As 2.45am.
8.25 **Ghost Rider** As 4.35am.
10.25 **The Patriot** Epic period drama. (2000, 15, 167min) ★★★
1.15 PM **Superman Returns** Superhero adventure. (2006, 12, 154min) ★★★
3.50 **Cloverfield** Offbeat disaster movie. (2007, 15, 81min) ★★★

5.20 **There Will Be Blood** Epic drama starring Daniel Day-Lewis. A ruthless California prospector makes a colossal fortune in the early-20th-century oil business but turns into a haunted loner. (2007, 15, 158min) ★★★★★
8.00 **Troy** Spectacular epic inspired by *The Iliad*, starring Brad Pitt, Eric Bana and Orlando Bloom. (2004, 15, 163min) ★★★
10.45 **300** Epic adventure starring Gerard Butler and Lena Headey. (2006, 15, 116min) ★★★★

12.45 AM **The Ring** US remake of the Japanese chiller, starring Naomi Watts. (2002, 15, 115min) ★★★
2.45 **Gothika** Horror starring Halle Berry. (2003, 15, 98min) ★★★
4.35 **to 6.35** AM **Ghost Rider** Action adventure starring Nicolas Cage. (2006, 12, 106min) ★★★

Sky Cinema Greats

304 304 404 504 518

6.40 AM **Two Mules for Sister Sara** Western starring Clint Eastwood. (1969, 15, 114min) ★★★
8.50 **Congo** Jungle adventure. (1995, 12, 108min) ★★★
10.40 **The Great Escape** Adventure. (1963, PG, 166min) ★★★★★
1.35 PM **In the Line of Fire** Thriller. (1993, 15, 127min) ★★★★
3.45 **Patriot Games** Action thriller. (1992, 15, 116min) ★★★

5.45 **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
8.00 **The Nutty Professor** Comedy starring Eddie Murphy as a shy, obese college professor who is transformed into a slim, sharp-tongued ladykiller. With Jada Pinkett. (1996, 12, 95min) ★★★
9.40 **Ace Ventura Pet Detective** Comedy starring Jim Carrey as a Miami private detective who specialises in tracking down lost pets. With Courteney Cox. (1993, 12, 86min) ★★★★

11.10 **Ace Ventura: When Nature Calls** Comedy sequel. (1995, PG, 89min) ★★★
12.50 AM **Money Train** Action comedy. (1995, 18, 110min) ★★
2.45 **Bad Boys** Action comedy thriller. (1995, 15, 118min) ★★★
4.50 **to 6.30** AM **The Nutty Professor**

Sky Cinema Animation

305 305 412 500 514

6.15 AM **Pil's Adventures** Animated adventure. (2021, U, 89min) ★★
7.50 **The Nut Job** As 10.45pm.
9.25 **Over the Hedge** Animation. (2006, U, 83min) ★★★★
10.55 **Shrek 2** Animated sequel with the voice of Mike Myers. (2004, U, 93min) ★★★★★
12.35 PM **Hotel Transylvania** Animated family comedy. (2012, U, 91min) ★★★★

2.20 **Madagascar: Escape 2 Africa** Animated comedy sequel. (2008, PG, 89min) ★★★
4.00 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
5.40 **Despicable Me** Animation. (2010, U, 94min) ★★★★
7.20 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
9.05 **Spirit: Stallion of the Cimarron** Animated adventure. (2002, U, 84min) ★★★
10.45 **The Nut Job** Animated family comedy. (2014, U, 85min) ★★★

12.25 AM **DC Super Hero Girls: Legends of Atlantis** (2018) ★★★
1.50 **The Swan Princess: The Secret of the Castle** (1997, U) ★★
3.10 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
4.45 **to 6.25** AM **Penguins of Madagascar** (2014, U) ★★★★

Movies 24

312 313 419

7.00 AM **A Bridesmaid in Love** Comedy. (2022, PG, 87min) ★★
9.00 **Savoring Paris** Romantic drama. (2024, PG, 90min) ★★
11.00 **The Professional Bridesmaid** Drama. (2023, PG, 90min) ★★
1.00 PM **Heart of the Manor** Comedy. (2021, PG, 85min) ★★
3.00 **Sense and Sensibility** Romantic drama with Deborah Ayorinde. (2024, U, 84min) ★★

5.00 **Love in the Maldives** Romantic drama. (2023, PG, 84min) ★★
7.00 **Wish Upon a Wedding** Romantic drama starring Kabby Borders. (2023, PG, 85min) ★★
9.00 **A Safari Romance** Romantic comedy starring Andrew W Walker and Brittany Bristow. Two theme park designers doing research at a wildlife reserve fall for the rangers assisting them. (2023, PG, 84min) ★★
11.00 **A Whitewater Romance** Drama. (2024, U, 84min) ★★

1.00 AM **Our Take on Love** Romantic drama starring Lesa Wilson. (2022, PG, 87min) ★★
3.00 **to 5.00** AM **Paging Mr Darcy** Romantic drama with Mallory Jansen. (2024, PG, 84min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Cinebox Memories**
6.05 **Danny Boy** (1941, b/w, U) ★★
7.40 **Lionheart Remembered**
8.30 **Out of Town**
9.00 **Tread Softly** (1952, PG) ★★★
10.30 **Food Flash: Cod Liver Oil**
10.35 **House of Blackmail** Thriller. (1953, b/w, U, 72min) ★★
12.00 NOON **Dixon of Dock Green**
12.40 PM **Mistaken Identity** Comedy. (1942, b/w, U, 50min) ★★★

1.40 **The End of the Line** Crime drama starring Alan Baxter. (1957, b/w, PG, 80min) ★★
3.00 **Crown Court** Triple bill.
4.30 **Hobson's Choice** Comedy. (1953, b/w, U, 107min) ★★★★
6.40 **Air Crossroads London**
7.00 **For the Love of Ada** 3/6. (S1)
7.30 **The Cheaters** 15/27. (S2)
8.00 **The Brothers** 13/16. (S7)
9.05 **The Wheeltappers and Shunters Social Club**
9.55 **Twilights Last Gleaming** Thriller. (1977, PG, 146min) ★★★★

12.45 AM **Port of Escape** Thriller starring Googie Withers. (1955, b/w, PG, 73min) ★★
2.20 **Madron** Western with Richard Boone. (1971, 15, 90min) ★★
4.10 **Cotton Queen** Comedy. (1937, b/w, U, 80min) ★★★
5.50 **to 6.00** AM **Look at Life**

THURSDAY Sport 11 September

Thursday

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **LIVE DP World Tour Golf** Coverage of the opening round of the PGA Championship staged at Wentworth Club in Surrey. Billy Horschel triumphed at this event for the second time in his career last year, having previously lifted the trophy back in 2021.
6.00 PM **LIVE PGA Tour Golf** The opening round of the Procore Championship held at Silverado Country Club in Napa, California. Patton Kizzire is the reigning champion after he finished on an score of 20-under-par, one stroke short of the record shared by Stewart Cink and Sahith Theegala.
9.00 **LIVE LPGA Tour Golf** The opening round of the Queen City Championship at TPC River's Bend in Ohio. Alice Hewson triumphed at this event last year.
12.00 M'T **LIVE WTA Tennis** Coverage of events on the WTA Tour.
1.30 AM **LIVE WTA Tennis** Day four of the Guadalajara Open, a hard-court tournament at Panamerican Tennis Center in Mexico.
5.00 **to 6.00** AM **Sky Sports News**

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Gary Neville's Soccerbox**
1.00 PM **Premier League Years**
3.00 **PL Retro** Another chance to see Manchester United v Liverpool from the 2008/09 season.
5.00 **The Premier League Show**
7.00 **The Big Interview**
7.30 **Premier League Stories**
8.00 **Gary Neville's Soccerbox** With guest Robbie Keane. **8.30** With Gianfranco Zola.
9.00 **The Big Interview** Featuring an interview with a Premier League star of the past or present.
9.30 **Premier League Stories**
10.00 **Transfer 360** A look into why Emmanuel Adebayor left Arsenal for Manchester City.
10.30 **Newcastle Darts Challenge**
10.45 **Gary Neville Meets Ruben Amorim** Interview with the Manchester United head coach.
11.00 **Premier League Years**
1.00 AM **PL Retro** Replay of Arsenal v Tottenham Hotspur from 2008.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **PL Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Old Firm Derby Best Goals**
6.30 **Edinburgh Derby Best Goals**
7.00 **Craig Brown: My Scotland**
7.30 **There's Only One Sauzee**
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights**
11.00 **Best Goals: EFL Cup 2022/23**
11.30 **EFL Trophy Football**
12.00 NOON **EFL Highlights**
1.00 PM **EFL League One Goals**
1.30 **EFL League Two Goals**
2.00 **WSL** Recent highlights.
3.00 **SPFL Highlights** Rangers v Celtic.
3.30 **SWPL** Celtic v Rangers.
4.00 **EFL Highlights**
5.00 **EFL Greatest Games**
6.00 **EFL Highlights** Action from Ipswich Town v Derby County. **6.15** Millwall v Wrexham.
6.30 **Bundesliga Weekly**
7.00 **EFL League One Goals**
7.30 **EFL League Two Goals**
8.00 **WSL** Chelsea v Manchester City.
8.30 **SWPL** Celtic v Rangers.
9.00 **SPFL Highlights** Rangers v Celtic.
9.30 **WSL** Liverpool v Everton.
10.00 **EFL Highlights** Championship.
11.00 **EFL Greatest Games**
12.00 M'T **1983: When Aberdeen Ruled Europe** Documentary.
1.00 AM **SPFL** Goals from 2014/15.
1.30 **to 6.00** AM **Greatest Games**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **International T20 Cricket** Replay of England v South Africa in the first Twenty20 in the three-match series at Sophia Gardens.
10.30 **Best of England v South Africa**
11.00 **One-Day International Cricket** England v South Africa highlights.
12.00 NOON **International T20 Cricket** England v South Africa: A replay of first Twenty20 game in the three-match series staged at Sophia Gardens in Cardiff.
4.30 PM **Best of England v South Africa** Action from the archives.
5.00 **One-Day International Cricket** England v South Africa highlights.
6.00 **International T20 Cricket** England v South Africa: Another chance to see the first Twenty20 game in the three-match series at Sophia Gardens in Cardiff.
10.30 **Best of England v South Africa**
11.00 **One-Day International Cricket** England v South Africa highlights.
12.00 M'T **Best of England v South Africa** Action from the archives.
1.00 AM **International T20 Cricket** Replay of England v South Africa at Sophia Gardens in Cardiff.
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **Legends Tour Golf**
7.00 **Tour Golf Highlights**
7.30 **My Ryder Cup**
8.00 **Countdown to the Ryder Cup**
8.30 **LIVE DP World Tour Golf** Coverage of the opening day of the PGA Championship staged at Wentworth Club in Surrey.
6.00 PM **LIVE PGA Tour Golf** The opening day of the Procore Championship staged at Silverado Country Club in Napa, California.
2.00 AM **PGA Tour Champions Learning Centre**
2.30 **Tour Golf Highlights**
3.00 **DP World Tour Golf**
4.00 **Golf Academy** Expert advice.
4.30 **Countdown to the Ryder Cup**
5.00 **to 6.00** AM **Ryder Cup Memories**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tour This Week**
6.30 **US Open Tennis** Highlights.
8.30 **ATP Tour This Week**
9.00 **WTA Tennis** Tour highlights.
1.00 PM **US Open Tennis** Semi-finals and final of the mixed doubles.
3.00 **WTA Tennis** Tour highlights.
7.00 **LIVE WTA Tennis** Coverage of day four of the Sao Paulo Open from Parque Villa-Lobos in Brazil.
9.00 **LIVE WTA Tennis** Coverage of tournaments on the WTA Tour.
1.30 AM **LIVE WTA Tennis** Coverage of day four of the Guadalajara Open staged at Panamerican Tennis Center in Mexico.
5.00 **to 6.00** AM **WTA & ATP Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men** Stage 17.
7.00 **The Gruppetto** Cycling action.
7.15 **TNT Sports Reload**
7.30 **MotoGP Highlights**
8.30 **Rolex Grand Slam**
9.30 **European Rally Championship**
10.00 **Onboard** Ocean Race Europe.
10.30 **TNT Sports Reload**
11.00 **Rolex Grand Slam**
12.00 NOON **World University Games**
12.30 PM **The Gruppetto**
12.45 **La Vuelta Men** The 17th stage.
1.45 **LIVE Cycling: La Vuelta Men** Coverage of the 17th stage.
5.00 **MotoGP Rewind**
5.15 **Superbike Rewind**
5.30 **Premier League Stories**
6.00 **Premier League: Big Interview**
6.30 **British Speedway**
7.30 **LIVE British Speedway** Play-off semi-final second-leg.
10.00 **British Superbikes Rewind**
10.15 **Superbike Rewind**
10.30 **British Superbikes Highlights**
11.30 **LIVE CPL Barbados Royals v St Kitts & Nevis Patriots.** From Kensington Oval in Barbados.
3.45 AM **MotoGP Rewind**
4.00 **TNT Sports Reload**
4.30 **Champions League Classics**
5.00 **to 6.00** AM **Climbing**

TNT Sports 2

411 414 522 409 431

6.00 AM **Motocross World Championship** From Türkiye.
9.00 **UCI Mountain Bike World Championship** From Valais.
11.00 **British Speedway**
12.00 NOON **WNBA** Highlights.
1.00 PM **MLB Highlights**
2.00 **MLB Plays of the Week**
2.30 **British Superbikes Highlights**
3.30 **MotoGP Highlights** Action from the Grand Prix of Catalonia.
4.30 **MotoE Highlights**
5.00 **MLB Highlights** Baseball.
6.00 **LIVE MLB Baltimore Orioles v Pittsburgh Pirates.** The inter-league match from Camden Yards. Start-time is at **6.05pm**.
9.15 **UFC Connected**
9.45 **TNT Sports Reload**
10.00 **La Vuelta Men** Action from stage 18 of the Grand Tour race.
11.00 **Mass Participation World**
12.00 M'T **MotoGP Highlights**
1.00 AM **Superbike World Championship Highlights**
2.00 **British Superbikes Highlights**
3.00 **FIA World Endurance Championship Highlights**
4.00 **MLB: Off the Bat**
4.30 **MLB Plays of the Week**
5.00 **to 6.00** AM **WNBA**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **NRL** Highlights from Melbourne Storm v Penrith Panthers in the 2024 Grand Final.
7.00 **The Rugby Championship** South Africa v Australia.
9.00 **The Rugby Championship** Argentina v New Zealand.
11.00 **Premier League Darts** A replay of night 11 staged at Rotterdam Ahoy in the Netherlands.
3.00 PM **The Rugby Championship** Another chance to see South Africa v Australia at Ellis Park Stadium in Johannesburg.
5.00 **The Rugby Championship** Another chance to see Argentina v New Zealand at Estadio Mario Alberto Kempes in Córdoba.
7.00 **Super League** Highlights from Wigan Warriors v Hull Kingston Rovers in the 2024 Grand Final.
8.00 **Women's Super League** Action from St Helens v York Valkyrie in the 2024 Grand Final.
9.00 **Premier League Darts** Another chance to see night 11 of the tournament staged at Rotterdam Ahoy in the Netherlands.
12.00 M'T **NRL** The 2024 Grand Final.
1.00 AM **The Rugby Championship**
5.00 **to 6.00** AM **PDC Classics**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
10.00 **Sky Sports FC**
12.00 NOON **Lunchtime Live**
2.00 PM **Sports Desk**
2.30 **LIVE Ladies European Tour Golf** Coverage of the opening day of the Swiss Ladies Open staged at Golfpark Holzhausern in Ennetsee, Switzerland. Alice Hewson of England was crowned the champion at last year's event.
5.30 **The Premier League Show**
7.00 **LIVE WTA Tennis** Coverage of the fourth day of the Sao Paulo Open, a hard-court tournament staged at Parque Villa-Lobos in Brazil. This year's event is scheduled to feature both singles and doubles competitions.
9.00 **LIVE LPGA Tour Golf** Day one of the Queen City Championship at TPC River's Bend in Ohio. Alice Hewson's triumph last year made her the second English player to win this title in three years.
12.00 M'T **LIVE WTA Tennis** Coverage of ongoing events on the WTA Tour, including the Guadalajara Open and the Sao Paulo Open.
1.30 **to 6.00** AM **Sky Sports News**

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **PGA Tour Champions**
8.00 **Ladies European Tour Golf**
9.00 **DP World Tour Golf**
9.30 **Formula 1** Italian Grand Prix.
10.30 **The Hundred Bitesize**
10.45 **LIVE NRLW Sydney Roosters v Cronulla-Sutherland Sharks.** Coverage from Central Coast Stadium. Kick-off **10.45am**.
12.30 PM **My Icon** Sporting influences.
1.00 **Golf Academy** Full swing tips.
1.30 **Ladies European Tour Golf**
2.30 **LIVE Ladies European Tour Golf** Coverage of the first day of the Swiss Ladies Open staged at Golfpark Holzhausern, Ennetsee.
5.30 **Golf Academy** Full swing tips.
6.00 **One-Day International Cricket**
8.00 **PGA Tour Champions**
9.00 **US Open Tennis** Event review.
10.00 **Tennis** US Open finals.
12.00 M'T **PL Greatest Games**
1.00 AM **The Greatest Final 2007**
1.30 **John Part's Journey 2001-08**
2.00 **The Rise of MVG**
2.30 **Back2Back Champion**
3.00 **EFL Greatest Games**
4.00 **Golf Academy** Expert advice.
5.00 **to 6.00** AM **Ryder Cup Memories**

TNT Sports 3

413 415 523 410 432

6.00 AM **International T20 Cricket Highlights** Australia v South Africa in a three-match series.
9.00 **One Day International Cricket** Australia v South Africa.
12.00 NOON **Mass Participation World**
1.00 PM **Premier League Stories**
1.30 **TNT Sports Reload**
1.45 **LIVE Cycling: La Vuelta Men** Coverage of the 17th stage.
5.00 **UCI Mountain Bike World Championship** From Switzerland.
7.00 **FIA World Endurance Championship Highlights**
8.00 **LIVE MLB Toronto Blue Jays v Houston Astros.** From Rogers Centre. Start-time is at **8.07pm**.
11.15 **MLB: Off the Bat**
11.45 **MLB Plays of the Week**
12.15 AM **TNT Sports Reload**
12.30 **Ultimate Pool** Pairs Cup.
2.00 **UFC Connected**
2.30 **MotoE Highlights**
3.00 **to 6.00** AM **Motocross World Championship**

TNT Sports 4

414 416 524 411 434

6.00 AM **Gallagher Premiership Rugby Union** From 2024/25.
2.00 PM **The WRC Magazine**
2.30 **European Rally Championship Highlights** Rali Ceredigion.
3.00 **Onboard** A special look at the Ocean Race Europe.
3.30 **AFL** Another chance to see the second qualifying final. **5.00** The second elimination final. **6.30** First qualifying final replay. **8.00** The first elimination final.
9.30 **European Rally Championship Highlights** The Rali Ceredigion.
10.00 **The WRC Magazine** Rally Chile.
10.30 **FIA World Endurance Championship Highlights** The Lone Star Le Mans in Austin.
11.30 **WNBA** Connecticut Sun v Phoenix Mercury highlights.
12.30 AM **IFSC Climbing World Cup Highlights** From Koper, Slovenia.
1.30 **Fishing: On the Bank**
2.30 **NWSL** Recent highlights.
4.30 **to 6.00** AM **Formula E**

Premier Sports 1

419 551

6.00 AM **Ultimate Karting**
7.00 **Eredivisie Highlights**
8.00 **NASCAR Highlights**
9.00 **Top 14 Rugby Union**
9.30 **LaLiga Match Highlights**
10.00 **Euro Le Mans Highlights**
11.00 **Transworld Sport** Magazine.
12.00 NOON **Football Highlights**
2.00 PM **NASCAR Highlights**
3.00 **FIA Endurance Championship**
4.00 **Top 14 Rugby Union Highlights**
4.30 **Football Weekly**
5.00 **LaLiga Match Highlights**
5.30 **Michelin Le Mans Cup**
6.00 **Scottish Rally Championship**
6.30 **World Surf League**
7.30 **Football Highlights**
10.30 **NASCAR Highlights**
11.30 **FIA Endurance Championship**
12.30 AM **Top 14 Rugby Union**
1.00 **Transworld Sport** Magazine.
2.00 **Motorsport Highlights**
3.30 **Scottish Rally Championship**
4.00 **World Surf League**
5.00 **to 6.00** AM **Eredivisie**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union**
8.00 **LaLiga** Another chance to see Real Betis v Athletic Bilbao.
10.00 **CONMEBOL World Cup Qualifiers** Another chance to see Argentina v Venezuela.
12.00 NOON **Bike World** Magazine.
12.30 PM **GP Confidential** A look into the sporting secrets of F1.
1.00 **LaLiga** Espanyol v Osasuna. **3.00** Celta Vigo v Villarreal.
5.00 **LaLiga Specials** The top scorer in the 2024/25 season.
5.30 **Football's Greatest** The finest players discuss their careers.
6.00 **CONMEBOL World Cup Qualifiers** Ecuador v Argentina.
8.00 **Top 14 Rugby Union** Action from the French top flight.
12.00 M'T **Bike World** Magazine.
12.30 AM **LaLiga Specials**
1.00 **LaLiga** Espanyol v Osasuna. **3.00** Girona v Sevilla.
5.00 **LaLiga Specials**
5.30 **to 6.00** AM **Temples of Sport**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Recent highlights.
12.00 NOON **Formula 1** Highlights from the Japanese Grand Prix. **1.00** PM Bahrain Grand Prix. **2.00** Australian Grand Prix. **3.00** The Chinese Grand Prix. **4.00** The Japanese Grand Prix. **5.00** Bahrain Grand Prix action.
6.00 **Formula 1** Australian Grand Prix. **7.00** The Chinese Grand Prix. **8.00** The Japanese Grand Prix. **9.00** The Bahrain Grand Prix. **10.00** Australian Grand Prix. **11.00** The Chinese Grand Prix.
12.00 M'T **Formula 1** Highlights.
2.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

Friday

12 September

Evening Planner

Horror

Nosferatu

Sky Premiere, 11am & 8pm

Lily-Rose Depp (left) stars in this remake of the horror in which a young woman forms a bond with a mysterious count.

OnDemand

Isolated

Available today

An island community finds they're suddenly cut off from the outside world, in this supernatural drama from Finland.

OnDemand

The Wrong Paris

Available today

A single woman joins a dating show, expecting to be headed for France – but instead ends up in Paris, Texas.

OnDemand

Dangerous Animals

Available today

Jai Courtney stars in this Australian sharkbait horror thriller in which the predator isn't the one in the ocean...

SKY	EVENING TIME	7.00PM	7.30PM	8.00PM	8.30PM	9.00PM	9.30PM	10.00PM	10.30PM
FAVOURITES	101 BBC1	7.00 The One Show	7.30 Our Lives	8.00 Would I Lie to...	8.30 MasterChef	9.00 Stranded on Honeymoon Island		10.00 News; Local News	
	102 BBC2	7.00 Villages by the...	7.30 Beechgrove...	8.00 Gardeners' World		9.00 The Newsreader		10.00 Mortimer &...	10.30 Newsnight
	103 ITV1	‹ 6.30 News †	7.30 Emmerdale	8.00 Coronation Street		9.00 Who Wants to Be a Millionaire?...		10.00 News; Local News	
	104 CHANNEL 4	7.00 News		8.00 The Great British Bake Off: An Extra...		9.00 Gogglebox		10.00 Mitchell and Webb Are Not Helping	
	105 5	7.00 Shetland: Scotland's Wondrous Isles		8.00 Michael Palin: Into Iraq		9.00 The Rumour		10.00 Top of the Pops: Secrets, Scandals...	
	106 SKY SHOWCASE	7.00 The Office (US)		8.00 An Idiot Abroad 2		9.00 The Paper		10.00 Peacemaker	
ENTERTAINMENT	115 BBC3	7.00 Horrible Histories		8.00 Top Gear		9.00 Film: Easy A			10.30 Bump
	116 BBC4	7.00 TOTP: 1998		8.00 Vienna Philharmonic Plays Mozart and Tchaikovsky at the Proms			9.50 TOTP: 1988		10.20 Best of Radio 2 in...
	118 ITV2	7.00 Deal or No Deal		8.00 The 1% Club		9.00 Film: The Hitman's Wife's Bodyguard			
	136 MORE4	‹ 6.55 Location, Location, Location		7.55 Grand Designs		9.00 Inspector Gerri		10.15 24 Hours in A&E	
	135 E4	7.00 The Simpsons		8.00 First Dates		9.00 Film: Bad Boys for Life			
	107 SKY WITNESS	7.00 Nothing to Declare		8.00 Chicago Med		9.00 Chicago Fire		10.00 Chicago PD	
	108 SKY ATLANTIC	‹ 6.45 Homicide: Life on the...		7.45 Game of Thrones		9.00 Task		10.15 The Pacific	
	110 U&GOLD	7.00 Dad's Army	7.35 Open All Hours		8.20 Blackadder Goes Forth		9.40 Not Going Out		10.20 The Office
	111 U&DAVE	7.00 Would I Lie to You? At...		7.40 Richard Osman's House of Games		9.00 QI XL		10.00 Have I Got a Bit More News for You	
	119 ITV3	‹ 6.55 Heartbeat		8.00 Midsomer Murders				10.00 Law & Order: UK	
	120 ITV4	‹ 6.00 World Series of Darts – Live: Day one of the World Series of Darts Finals						10.00 Wrestling: AEW Dynamite	
	112 COMEDY CENTRAL	7.00 Friends				9.00 Michael McIntyre's Big Show		10.00 Iain Stirling's Roast the Internet	
	139 SKY SCI-FI	7.00 Primeval		8.00 Stargate Atlantis		9.00 The Ark		10.00 Grimm	
	113 SKY MAX	7.00 Stargate Atlantis		8.00 An Idiot Abroad 2		9.00 The Paper		10.00 Peacemaker	
	109 U&ALIBI	7.00 Body of Proof		8.00 Death in Paradise		9.00 Father Brown		10.00 Mudtown	
	124 SKY ARTS	7.00 Alfred Hitchcock Presents		8.00 Guy Garvey: From the Vaults		9.00 Opry Live		10.00 Elvis '56 Special	
	132 U&W	7.00 MasterChef Australia		8.10 Inside the Ambulance		9.10 999 Rescue Squad			
DOCUMENTARY	125 DISCOVERY	7.00 Wheeler Dealers: Dream Car		8.00 Deadliest Catch		9.00 Expedition Bigfoot		10.00 Expedition Files	
	162 ANIMAL PLANET	7.00 Treehouse Masters		8.00 Guardians of Rescue		9.00 Alaska: The Last Frontier		10.00 Alaskan Bush People	
	129 NAT GEO	7.00 Air Crash Investigation		8.00 Air Crash Investigation: Surviving...		9.00 Air Crash Investigation		10.00 Inside Melbourne Airport	
	123 SKY HISTORY	7.00 Forged in Fire		8.00 Egypt's Unexplained Files		9.00 Bradley Walsh: Egypt's Cosmic Code		10.00 Ancient Aliens Special Presentation	
	155 U&YESTERDAY	7.00 Tropic of Cancer with Simon Reeve		8.00 'Allo 'Allo!	8.40 One Foot in the Grave			10.00 Bangers & Cash: Restoring Classics	
	121 SKY DOCS	7.00 Death of a Showjumper		8.00 The Jinx: The Life and Deaths of...		9.00 Luther: Never Too Much			
FILMS – Sky Cinema	301 PREMIERE	‹ 6.25 Restless		8.00 Nosferatu				10.15 Amongst the Wolves	
	302 00s	‹ 6.00 Ocean's Eleven		8.00 Terminator Salvation				10.00 Snatch	
	303 GEMS	‹ 6.00 Pitch Perfect		8.00 Pitch Perfect 2				10.00 Pitch Perfect 3	
	304 GREATS	‹ 6.00 Beverly Hills Cop		8.00 Beverly Hills Cop II				10.00 Beverly Hills Cop 3	
	305 ANIMATION	‹ 5.40 Trolls	7.20 Penguins of Madagascar			9.00 The Swan Princess: The Secret of the Castle			10.20 Open Season: Scared...
	306 FAMILY	‹ 6.00 Johnny English Reborn	7.45 Bean				9.20 The Flintstones		
	307 SPIDER-MAN	‹ 5.20 Spider-Man	7.25 Spider-Man 2					9.35 Spider-Man 3	
	308 COMEDY	‹ 6.10 Pixels		8.00 The Nutty Professor				9.40 Nutty Professor II: The Klumps	
	309 THRILLER	‹ 6.05 Fight or Flight		8.00 The Accountant				10.15 American Gigolo	
	310 DRAMA	‹ 5.25 The Color Purple		8.00 Meet Joe Black					
	311 SCI-FI	‹ 6.15 A Quiet Place: Day One		8.00 Gravity				9.40 A.I. Artificial Intelligence	
	313 FILM4	‹ 6.55 The Day the Earth Stood Still				9.00 Free Guy			
SPORT	401 MAIN EVENT	7.00 Sports Centre	7.30 EFL – Live: Ipswich Town v Sheffield United (Kick-off 8.00)						10.30 Back Pages...
	402 PREMIER LEAGUE	7.00 Football: WSL – Live: West Ham United v Arsenal (Kick-off 7.30)						10.00 PL Preview	10.30 Fantasy Show
	403 FOOTBALL	7.00 EFL Highlights	7.30 EFL – Live: Ipswich Town v Sheffield United (Kick-off 8.00)						10.30 Scottish...
	405 CRICKET	‹ 6.00 International T20 Cricket – Live: England v South Africa							10.30 Best of...
	410 TNT SPORTS 1	7.00 PREM Rugby Cup – Live: Newcastle Red Bulls v Harlequins (Kick-off 7.45)						10.00 UEFA Magazine	10.30 MLB: Off the...
	411 TNT SPORTS 2	‹ 5.30 FIM Speedway GP2 – Live: The third round of the season			8.45 British Speedway		9.45 MotoGP		10.30 PL Preview

‹ Denotes programmes starting before 7.00pm † Regions vary

FRIDAY

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Friday

BBC1

101 101 | 101 | 1 | 101 | 101 | 1

6.00 AM **Breakfast** (S)
9.30 **Morning Live** New edition (S)
10.45 **The Moment of Proof** (S)(R)(AD)
11.15 **Homes Under the Hammer** From Worcestershire. (S)(R)(AD)
12.15 PM **Bargain Hunt** New edition (S)
1.00 **BBC News** (S)
1.35 **Local News** (S)
1.45 **BBC News** (S)
2.00 **Sister Boniface Mysteries** *The Book of Shadows:* 4/12. A human sacrifice is discovered in the woods. (S2) (S)(R)(AD)
2.45 **Escape to the Country** (S)(R)
3.45 **The Travelling Auctioneers** New edition JB Gill stumbles upon a valuable book collection. (S)
4.30 **The Answer Run** New edition (S)
5.15 **Pointless** New edition Quiz. (S)
6.00 **BBC News** (S)
6.30 **Local News** (S)

4.30 The Answer Run

7.00 **The One Show** JB Gill and Clara Amfo present the topical show. (S)
7.30 **Our Lives: The Haggis Hunters** New edition Following four families as they compete in the World Haggis Championship. (S)

8.00 **Would I Lie to You?** With guest panellists Angellica Bell, Bob Mortimer, Suggs and Holly Willoughby. (S)(R)
8.30 **MasterChef** New edition 18/24. The amateurs have 60 minutes to deliver an extraordinary dish. (S)

9.00 **Stranded on Honeymoon Island** New edition 6/12. A crate containing the couples' mobile phones washes ashore, revealing more than anyone bargained for. Presented by Davina McCall. (S)(AD)

10.00 **BBC News** (S)
10.30 **Local News** (S)
10.40 **FILM Training Day** Police thriller starring Denzel Washington and Ethan Hawke. The proposed new recruit to an elite Los Angeles narcotics squad discovers that the unit's charismatic leader is involved in the drugs underworld and has murdered a Russian gangster. With Scott Glenn, Tom Berenger and Harris Yulin. (S) (AD) (2001, 18, 115min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **Weather for the Week Ahead** Seven-day forecast. (S)
12.40 **to 6.00** AM **BBC News** (S)

BBC2

102 102 | 102 | 2 | 102 | 102 | 2

6.15 AM **Clean It, Fix It** (S)(R)
7.15 **The Travelling Auctioneers** (S)(R)
8.00 **Sign Zone: Our Lives: Dolphin Town** Bottlenose dolphins at New Quay, Ceredigion. (S)(R)(AD)
8.30 **Sign Zone: Great Continental Railway Journeys** (S)(R)
9.00 **BBC News** (S)
12.30 PM **Political Thinking with Nick Robinson** Topical discussion. (S)
1.00 **Impossible** (S)(R)
1.45 **Bridge of Lies** (S)(R)
2.30 **Unbeatable** (S)(SL)(R)
3.15 **Great British Menu** (S)(R)
4.15 **Cornwall: This Fishing Life** (S)(R)
5.15 **Flog It!** From Ushaw. (S)(R)
6.00 **Richard Osman's House of Games** Quiz show. (S)(R)
6.30 **Great Coastal Railway Journeys** Michael Portillo takes the train to the medieval town of Conwy. (S)(R)

8.00 Gardeners' World

7.00 **Villages by the Sea** Ben Robinson explores the remains of a lost harbour in Port Carlisle, Cumbria. (S)(R)
7.30 **Beechgrove Garden** New edition Lizzie and Brian plant acers in the Jim McColl memorial garden. (S)

8.00 **Gardeners' World** New edition As the seasons start to change, Monty Don harvests sweetcorn, takes stock of the plants in his pots and prunes his summer-fruiting raspberries. Plus, Toby Buckland visits a garden in Wiltshire. (S)

9.00 **The Newsreader** New episode *A New Era:* 2/6. The launch of Helen's new show coincides with news of an Alaskan oil spill. (S3) (S)(AD)
■ Entire series on BBC iPlayer
9.50 **The Sheep Beside the Sea** Documentary. (S)(R)

10.00 **Mortimer & Whitehouse: Gone Fishing** 5/6. Bob and Paul fish for wild carp in Mid Wales. (S)(R)(AD)
10.30 **Newsnight** (S)

11.00 **International T20 Cricket** England v South Africa: Action from the second Twenty20 in the three-match series, held at Emirates Old Trafford in Manchester. (S)
11.35 **The Fens: A Wild Year** (S)(R)(AD)
11.55 **LIVE Athletics: World Championships** Coverage of the opening session on day one of the biennial event, held this year at Japan National Stadium in Tokyo. The first medals of the event are awarded in the men's and women's 35km race walks. (S)
4.10 **to 6.00** AM **Previews** (S)

ITV1

103 103 | 103 | 3 | 103 | 103 | 3

6.00 AM **Good Morning Britain** (S)
9.00 **Lorraine** (S)
10.00 **This Morning** (S)
12.30 PM **ITV News** (S)
12.50 **Local News** (S)
1.00 **LIVE Racing** Ed Chamberlin and Francesca Cumani present coverage of the second day of the St Leger Festival from Doncaster, including the Doncaster Cup and the Flying Childers Stakes. With analysis from Jason Weaver and Adele Mulrennan, reports from Matt Chapman, and commentary by Richard Hoiles. (S)
4.00 **Tipping Point** Game show hosted by Ben Shephard. (S)(R)
5.00 **The Chase** New edition Quiz show hosted by Bradley Walsh. (S)
6.00 **Local News** (S)
6.30 **ITV News** (S)

8.00 Coronation Street

7.30 **Emmerdale** Gabby is fed up that neither Bernice or Kim are coming to her wedding, Cain upsets Victoria, while Kammy comes up with a plan. (S)(AD)

8.00 **Coronation Street** Lisa reels in shock and the walls close in on Carl and Dylan as George reveals he saw who was driving the car. Meanwhile, the owner of the pregnancy test comes forward. (S)(AD)

9.00 **Who Wants to Be a Millionaire? Celebrity Special** Jeremy Clarkson hosts as Jools Holland, Nina Wadia and Ugo Monye take part in the quiz, answering up to 15 questions that could land a huge sum of money for their charities. (S)(R)

10.00 **ITV News** (S)
10.30 **Local News** (S)
10.45 **FILM Identity Thief** Road movie comedy starring Jason Bateman and Melissa McCarthy. A mild-mannered accountant tries to catch the sticky-fingered spendthrift who has stolen his identity. (S)(AD) (2013, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.45 AM **Teleshopping**
3.00 **One Night** 4/6. Amidst the book's soaring success, fractures among the three friends deepen, and Simone hatches a plan to put her name on the book. (S1) (S)(SL)(R)
3.50 **Unwind with ITV** (S)
5.05 **to 6.00** AM **Katie Piper's Weekend Escape** (S)(SL)(R)

+1 hour 203 | 303 | 35 | 112 | 251

CHANNEL 4

104/108 104/108 | 108 | 4/7 | 104/110 | 104/106 | 4/8

6.30 AM **The King of Queens** (S)(R)
7.45 **Everybody Loves Raymond** (S)(R)
9.10 **Frasier** 21-24/24. (S2) (S)(R)(AD)
11.10 **Ramsay's Kitchen Nightmares USA** From Texas. (S)(R)
12.05 PM **News** (S)
12.10 **A New Life in the Sun** (S)(R)
1.10 **Car S.O.S** (S)(R)(AD)
2.10 **Countdown** New edition (S)
3.00 **A Place in the Sun** A couple seek their dream holiday home on the island of Ibiza. (S)(R)
4.00 **Help! We Bought a Village** New edition In France, a new purchase takes Paul and Yip to a momentous milestone. (S)
5.00 **Chateau DIY** JB's engineering skills are put to the test. (S)(R)(AD)
6.00 **Sun, Sea and Selling Houses** A Perthshire couple search for a holiday home in Alicante. (S)(R)

10.00 Mitchell and Webb Are Not...

7.00 **News** (S)

8.00 **The Great British Bake Off: An Extra Slice** New edition 2/10. Jo Brand and Tom Allen are joined by guest Stephen Mangan to review Biscuit Week, and they catch up with the second baker to leave the tent. (S)(AD)

9.00 **Gogglebox** New edition The armchair critics share their opinions on what they have been watching on TV during the week, with cameras capturing their instant reactions. (S)(AD)

10.00 **Mitchell and Webb Are Not Helping** New edition 2/6. Featuring the world's shallowest new TV game show. (S)(AD)
■ Entire series on C4 streaming
10.35 **FILM American Pie 2** Teen comedy sequel starring Jason Biggs. Four friends from high school rent a lakeside house for the summer. (S)(AD) (2001, 15, 120min) ★★★
SEX ●●● VIOLENCE ●●● LANGUAGE ●●●
12.35 AM **FILM Chopper** Darkly comic Australian crime drama starring Eric Bana. (S) (2000, 18, 95min) ★
2.10 **Ramsay's Kitchen Nightmares USA** From New York. (S)(R)
3.00 **Educating Yorkshire** (S)(R)(AD)
3.55 **to 6.00** AM **Four in a Bed** (S)(R)

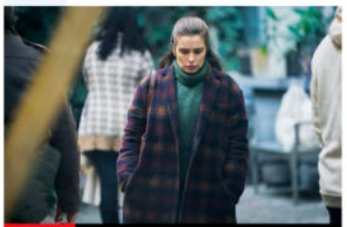
+1 hour 204/208 | 304 | 15 | 121 | 252

(S) Subtitles (SL) Signing (R) Repeat (AD) Audio Description

5

105 105 105 5 105 105 5

5.40 AM **Milkshake!**
9.15 **Jeremy Vine** (S)
11.30 **Storm Huntley and Guests** (S)
12.30 PM **Vanessa** Discussion. (S)
1.40 **News** (S)
1.45 **Home and Away** (S)(R)(AD)
2.20 **The Sunshine Murders** New episode *Game for a Kill:* Helen follows Shirley to Cyprus believing they have a lead on their missing father. (S)
3.55 **All Creatures Great and Small** *Right Hand Man:* 3/7. New vet Richard Carmody joins the practice. (S4) (S)(R)(AD)
5.00 **News** (S)
6.00 **Bargain-Loving Brits in the Sun** Beni-born Brit Sandra takes the reins at her family's restaurant for a night. (S)(R)
6.55 **News** (S)



9.00 The Rumour

7.00 **Shetland: Scotland's Wondrous Isles** The biggest sheep sale of the year takes place in Lerwick, where farmer Eric has the honour of judging the pre-sale show. (S)(R)
7.55 **News** (S)

8.00 **Michael Palin: Into Iraq** 3/3. As he begins the final part of his journey into Iraq, Michael finds a local school in Baghdad and talks to the children about their lives and future hopes, before heading to Kerbala. (S)(R)(AD)

9.00 **The Rumour** New episode 3/5. A shocking turn of events sparks a storm of blame and Bea, distraught, accuses Joanna of causing it all. Shaken up, Joanna decides to move back home with Alfie. (S1) (S)(AD)

10.00 **Top of the Pops: Secrets, Scandals and Shocking Moments** The dark side of the long-running music show, exploring the ruthless tactics of promoters and the artists that were drunk on air. (S)(R)

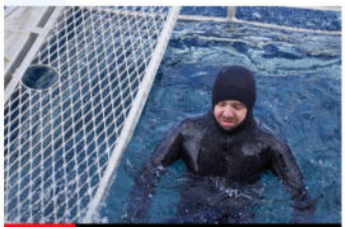
11.05 **National Treasure, National Disgrace: Savile, Harris & Hall** Stories of those abused by light entertainment stars. (S)(R)
1.00 AM **PlayOJO Live Casino Show**
3.00 **Celebrity 5 Go Fishing** (S)(R)
3.50 **Friends** (S1) (S)(R)(AD)
4.40 **Nick Knowles' Big House Clearout** (S)(SL)(R)
5.30 **to 5.40** AM **Entertainment News** (S)

+1 hour 205 305 38 128 253

SKY SHOWCASE

106 106 109 340 355

6.00 AM **Sky News Breakfast**
7.00 **Breakfast with Anna Jones**
8.00 **Border Patrol** (S)(R)
9.00 **Stargate Atlantis** (S)(R)
11.00 **Uptown Otters** (S)(R)
12.00 NOON **The Simpsons** (S)(R)
1.00 PM **Hawaii Five-0** (S2) (S)(R)
3.00 **Magnum P.I.** (S5) (S)(R)(AD)
4.00 **S.W.A.T.** 20/22. (S6) (S)(R)(AD)
5.00 **The Simpsons** *Dead Putting Society:* Parental rivalry between the Simpson and Flanders families adds spice to a junior golf tournament. (S)(R)
5.30 *My Octopus and a Teacher:* Lisa befriends an octopus. (S)(R)
6.00 *Bart v Thanksgiving:* Bart runs away from home. (S)(R)
6.30 *Bart the Daredevil:* Bart becomes a daredevil skateboarder. (S)(R)



8.00 An Idiot Abroad 2

7.00 **The Office (US)** *The Coup:* 3/25. Michael lands himself in trouble when he declares it is Movie Monday. (S)(R)
7.30 *Grief Counselling:* 4/25. Michael tries grief counselling. (S3) (S)(R)

8.00 **An Idiot Abroad 2** 3/8. Karl Pilkington travels to Australia to swim with dolphins, and along the way he takes part in a blindfolded kickboxing contest and encounters hundreds of snakes. (S)(R)(AD)

9.00 **The Paper** New episodes *Buddy and the Dude:* 3/10. Ned tags along on Mare's sting story.
9.30 *TTT vs The Blogger:* 4/10. Ned and Esmeralda team up to take on a high-school blogger. (S1)

10.00 **Peacemaker** *Need I Say Door:* 4/8. Superhero action comedy spin-off from *The Suicide Squad* movie, starring John Cena, Danielle Brooks and Freddie Stroma. (S2) (R)
10.55 **A League of Their Own** With guests Stuart Broad and Tom Davis. (S)(R)(AD)

11.55 **Boardwalk Empire** (S)(R)
2.00 AM **Sex and the City** 8/12. Carrie discovers Big's secret swinging past. (S1) (S)(R)
2.40 **Road Wars** Police officers combat vehicle crime. (R)
3.10 **Magnum P.I.** (S5) (S)(R)(AD)
4.05 **S.W.A.T.** 20/22. (S6) (S)(R)(AD)
5.00 **Motorway Patrol** (S)(R)
5.30 **to 6.00** AM **Monkey Life** (S)(R)

+1 hour 206

LOCAL VARIATIONS

BBC1

SCOTLAND
Sky 964, Virgin 862, Freesat 964
No variations

N. IRELAND
Sky 966, Virgin 863, Freesat 966
7.30pm Paula McIntyre's Hamely Kitchen USA (S)(R) **8.00-8.30** The Haggis Hunters – Our Lives New edition (S)(AD) **12.35am** Stranded on Honeymoon Island (S)(R) **1.35-6.00am** BBC News (S)

WALES
Sky 965, Virgin 864, Freesat 965
7.30-8.00pm Back in the Day New edition (S) **10.40** Rewind: 60 Years of Welsh Pop New edition (S) **11.10 FILM** Training Day (S)(AD) (2001, 18, 115min) ★★★ **1.05-6.00am** BBC News (S)

BBC2

N. IRELAND
Sky 969, Freesat 969
7.30pm LIVE Irish League (S) **10.00-10.30** Beechgrove Garden New edition (S) **11.00** The Newsreader New episode (S)(AD) **11.50-11.55pm** The Chronicles of Armagh New edition (S)

WALES
Sky 968, Freesat 968
7.30-8.00pm The Haggis Hunters – Our Lives (S)(R)

ITV1

As main ITV1 except:

WALES
7.00-7.30pm Wales This Week New edition (S)

S4C

Sky 134, Virgin 164, Freesat 120
6.00am Cyw **12.00noon** Newyddion a'r Tywydd **12.05pm** Dim Byd i'w Wisgo **12.30** Heno **1.00** Ceffylau, Sheikhs a Chowbois **1.30** Codi Hwyl (AD) **2.00** Newyddion a'r Tywydd **2.05** Prynhawn Da New edition **3.00** Newyddion a'r Tywydd **3.05** Gwesty Aduniad **4.00** Awr Fawr **5.00** Stwnsh **6.00** Teulu Shadog: Tymhorau'r Flwyddyn (AD) **6.30** Garddio a Mwy **7.00** Newyddion a'r Tywydd **7.30 LIVE** Clwb Rygbi **9.50** Triathlon Cymru – Y Barri **10.50-11.55pm** Ty Ffit

TV&Satellite week
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BBC3

115/117/121 118 107/113 23 107 107 10

BBC3 programmes start at 7.00pm

7.00 PM **Horrible Histories** Featuring a charming Stuart highwayman. **7.25** Charles Dickens sings about his life and books.
7.55 **The Catch Up**
8.00 **Top Gear** The trio test-drive cars in Romania.
9.00 **FILM Easy A** Teen comedy starring Emma Stone. When a student tells a white lie about losing her virginity, her fib is overheard and soon becomes gossip among her peers. As the lie grows, she decides to use the rumour mill to her own advantage. (2010, 15, 92min) ★★★★
10.30 **Bump** 3/10. Reema returns from London, and Keeks sees Santi with Jacinda. **11.00** 4/10. Bernardita seems to be the cause of everyone's problems. (S3)
11.30 **Thailand: The Dark Side of Paradise**
1.45 AM **The Fast and the Farmer-ish**
2.15 **Top Gear** As 8.00pm.
3.15 **to 4.00** AM **My Insta Scammer Friend**

MORE4

136/137 127 147 18 124 15

8.55 AM **Find It, Fix It, Flog It**
10.00 **A Place in the Sun**
12.35 PM **Come Dine with Me** Five editions of the culinary contest from South Wales.
3.10 **Four in a Bed** Five editions of the B&B challenge.
5.55 **Location, Location, Location** Kirstie Allsopp and Phil Spencer help people move out of their parents' and find homes in Kent. **6.55** Two couples in London need help getting out of rented accommodation.
7.55 **Grand Designs** Transforming an underground water reservoir near the Humber Estuary into a family home.
9.00 **Inspector Gerri** New episode 6/8. The team race against time to find the missing child, while Gerri and Giovanna are drawn to each other as they find clues about the location of the murder of the first child. In Italian. Subtitled. (S1)
10.15 **24 Hours in A&E** A retired doctor is brought in following a horse-riding accident, and a 40-year-old man is rushed in after losing control of his car. **11.15** A couple are brought in after a road accident.
12.20 AM **999: On the Front Line** Medical series.
1.20 **24 Hours in A&E**
3.30 **to 3.55** AM **Food Unwrapped**

+1 hour 236/237 347 125

BBC4

116 119 107/108 9/24 106 108 11

BBC4 programmes start at 7.00pm

7.00 PM **TOTP: 1998** Music from The Corrs, Beverley Knight, Robyn and NYCC. **7.30** Featuring Natalie Imbruglia, Boyzone, Spice Girls and Gloria Estefan.
8.00 **Vienna Philharmonic Plays Mozart and Tchaikovsky at the Proms** New edition One of the world's great orchestras make a much-anticipated return to the Royal Albert Hall, conducted by Franz Welser-Möst, with two landmark symphonies.
9.50 **TOTP: 1988** Performances by Bros, the Commodores and the Proclaimers.
10.20 **Best of Radio 2 in the Park** New edition A selection of highlights from the performances on the Main Stage in Chelmsford.
11.20 **BB King – The Life of Riley** The veteran American blues musician tells his story.
12.55 AM **BB King at Glastonbury**
1.55 **TOTP: 1998** Double bill.
2.55 **to 3.25** AM **TOTP: 1988**

E4

135/136 126 106 13 122 13

6.00 AM **Modern Family**
6.55 **Rude(ish) Tube Shorts**
7.00 **Ramsay's Kitchen Nightmares USA**
8.00 **The Simpsons**
9.00 **Young Sheldon**
10.00 **The Big Bang Theory**
11.00 **Modern Family**
12.00 NOON **The Big Bang Theory** 19-22/24. (S5)
2.00 PM **Brooklyn Nine-Nine**
3.00 **The Simpsons**
4.00 **The Big Bang Theory**
6.00 **The Simpsons**
7.00 **The Simpsons** *The Burns and the Bees:* Mr Burns wins a professional basketball team in a poker game. **7.30** *Sex, Pies and Idiot Scrapes:* Homer becomes a bounty hunter and hires an unlikely assistant in the form of Ned Flanders.
8.00 **First Dates** Former *Monty Python* star Carol Cleveland arrives in the restaurant.
9.00 **FILM Bad Boys for Life** Action comedy sequel starring Will Smith and Martin Lawrence. Miami detective Mike Lowrey is targeted for assassination by a crime lord's widow. (2020, 15, 124min) ★★★
11.30 **Naked Attraction**
1.35 AM **Gogglebox**
2.35 **Naked Attraction**
3.35 **The Simpsons**
4.00 **Young Sheldon**
4.50 **to 6.00** AM **Modern Family**

+1 hr 235/236 306 30 123 256

Friday primetime

FRIDAY Entertainment

Friday

Sky Witness

107 107 110 341 356

6.00 AM **Bondi Rescue**
7.00 **Border Security: America's Front Line** Double bill.
8.00 **Border Patrol**
9.00 **UK Border Force**
10.00 **Brit Cops: Law & Disorder**
11.00 **Bondi Rescue**
12.00 NOON **Customs UK**
1.00 PM **FBI: International** 17/22. A ballerina is the victim of an acid attack. (S2)
2.00 **FBI: Most Wanted** 17/22. Two students go missing. (S4)
3.00 **Caught on Dashcam**
4.00 **Nothing to Declare**

9.00 Chicago Fire

7 PM
7.00 Nothing to Declare Double bill of the documentary following the work of customs officers in Australia.

8 PM
8.00 Chicago Med New episode *The Invisible Hand:* 20/22. Archer and Frost compete over discharges. (S10)

9 PM
9.00 Chicago Fire New episode *Cut Me Open:* 20/22. A performance efficiency expert evaluates Firehouse 51. (S13)

10 PM
10.00 Chicago PD New episode *Black Ice:* 20/22. Ruzek witnesses an accident on an icy bridge. (S12)

11.00 **The Good Doctor** 5/20. (S4)
12.00 M'T **New Amsterdam** 10/13. Reynolds has a tough decision to make. (S5)
1.00 AM **The Equalizer** 4/18. (S3)
2.00 **Caught on Dashcam**
4.00 **Nothing to Declare**
5.00 **to 6.00** AM **Sun, Sea and A&E**

+1 hour 207 310

Sky Atlantic

108/109 108/109 342 357

6.00 AM **Richard E Grant's Hotel Secrets** Hotels in Hong Kong.
7.00 **True Blood** 3&4/10. (S7)
9.15 **Westworld** 9&10/10. (S2)
12.00 NOON **Game of Thrones**
1.15 PM **Das Boot** 7&8/8. (S2)
3.30 **True Blood** 5/10. Sookie hosts a festive party for mainstreaming vampires.
4.40 6/10. Sookie makes a shocking discovery. (S7)
5.45 **Homicide: Life on the Street** 6/20. Crosetti is found dead.
6.45 7/20. Kay investigates a murder in her home town. (S3)

10.15 The Pacific

7.45 Game of Thrones *Valar Morghulis:* 10/10. Theon Greyjoy stirs his men into action, Daenerys enters the mysterious House of the Undying, and Jon proves his worth. (S2)

10.15 The Pacific *Iwo Jima:* 8/10. Basilone is assigned to train recruits after urging the army to give him a more active role. (S1)

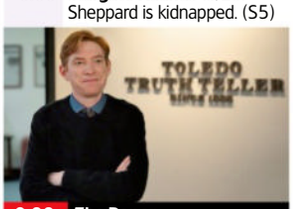
11.25 **The Wire** 6/13. (S1)
12.30 AM **The Sopranos** 13/13. Tony suffers hallucinations. (S2)
1.35 1/13. The FBI intensifies its surveillance of Tony and his family. (S3)
2.35 **Gomorrah** 7&8/12. (S3)
4.15 **to 6.00** AM **Urban Secrets**

+1 hour 208/209

Sky Max

113/114 109/110 111 346 361

6.00 AM **Hawaii Five-0** (S2)
8.00 **The Blacklist** 17/22. (S9)
9.00 **Stargate Atlantis** (S5)
11.00 **SEAL Team** 12/20. (S3)
12.00 NOON **The Blacklist** (S9)
1.00 PM **Hawaii Five-0** (S2)
3.00 **Magnum P.I.** 4/20. (S5)
4.00 **S.W.A.T.** 20/22. Elderly people are targeted in a string of violent home robberies. (S6)
5.00 **SEAL Team** 11/20. Part one of two. Bravo Team travel overseas to extract a CIA agent. (S3)
6.00 **Stargate Atlantis** 15/20. Sheppard is kidnapped. (S5)



9.00 The Paper

7.00 Stargate Atlantis *Brain Storm:* 16/20. Malcolm Tunney unveils a device to remove the threat of global warming. (S5)

8.00 An Idiot Abroad 2 3/8. Karl Pilkington travels to Australia to swim with dolphins.

9.00 The Paper New episodes 3/10. Oscar sticks his neck out at a budget meeting.
9.30 4/10. Ned and Esmeralda team up. (S1)

10.00 Peacemaker New episode *Need I Say Door:* 4/8. Superhero action comedy. (S2)
10.55 A League of Their Own Romesh Ranganathan hosts as guests Stuart Broad and Tom Davis join the regular panellists.

11.55 **The Force: North East**
2.05 AM **Road Wars** Vehicle crime.
3.10 **Magnum P.I.** 4/20. (S5)
4.05 **S.W.A.T.** 20/22. (S6)
5.00 **to 6.00** AM **Highway Patrol**

ITV2

118 122 115 6 113 6

6.00 AM **Highlights**
8.40 **Billie and Greg**
9.35 **The Only Way Is Essex**
10.15 **Real Housewives of Potomac**
11.05 **Real Housewives of New...**
12.00 NOON **Dinner Date**
1.00 PM **Billie and Greg**
2.00 **The Only Way Is Essex**
3.00 **The Bachelor Australia** New edition Reality series.
4.05 **Real Housewives of Potomac**
5.00 **Real Housewives of New Jersey** Reality series.
6.00 **Celebrity Catchphrase**

9.00 The Hitman's Wife's...

7.00 Deal or No Deal Stephen Mulhern hosts as a contestant takes on the Banker for the chance to win life-changing cash.

8.00 The 1% Club Quiz show hosted by Lee Mack in which the questions are all about logic and common sense.

9.00 FILM The Hitman's Wife's Bodyguard Crime comedy sequel starring Ryan Reynolds. Michael Bryce teams up once again with Darius Kincaid as they try to prevent a terror attack. (2020, 15, 100min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.05 **Family Guy** 1/21. Quahog becomes embroiled in a treasure hunt. (S12)
11.35 **Family Guy** 16/20. (S18)
12.05 AM **American Dad!** (S14)
1.00 **Bob's Burgers** 17/22. (S9)
1.35 **Plebs** 5&6/8. (S4)
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 218 315 29 114 254

ITV3

119 123 117 10 115 7

6.00 AM **Classic Emmerdale**
7.00 **Classic Coronation Street**
8.05 **Doc Martin** 4&5/7. (S3)
10.20 **The Royal** *Famous for a Day.*
11.25 **Heartbeat** Double bill.
1.30 PM **Classic Emmerdale**
2.30 **Classic Coronation Street**
3.35 **Doc Martin** 6/7. News of Martin and Louisa's engagement spreads.
4.40 7/7. The doctor prepares for his wedding. (S3)
5.50 **Heartbeat** *Friends Like You:* Gina finds herself accused of possessing drugs.

8.00 Midsomer Murders

6.55 Heartbeat *Old Ties:* Greengrass develops an interest in archaeology, convinced Aidensfield is full of buried treasures.

8.00 Midsomer Murders *Blood on the Saddle:* A land dispute leads to murder during a cowboy fair run by the Wild West Society of a Midsomer village. Guest stars Kenneth Cranham.

10.00 Law & Order: UK *Fault Lines:* 7/7. Casey begins a relationship with a woman who survives a near-identical attack. (S6)
11.00 **Law & Order: UK** 1/6. A suicidal man causes a train crash and 15 deaths. (S7)
11.55 **Agatha Christie's Poirot** *Murder in the Mews:* A body is found in Hastings' garage.
1.00 AM **Agatha Christie's Poirot**
2.00 **to 2.30** AM **Unwind with ITV**

+1 hour 219 317 116

BBC Scotland

SCOT 115 120 108 9 106 106 8
UK 180 173/176 162 110 53

12.00 NOON **This Is BBC Scotland**
7.00 PM **Reporting Scotland**
7.30 **LIVE Sportscene: Championship** Partick Thistle v Airdrieonians: Coverage of the second-tier match from Wyre Stadium at Firhill. Partick won two drew one and lost one of the four meetings between the sides last term Kick-off is at 7.45.
10.00 **Still Game** 5/6. Jack and Victor put their best feet forward when an old pal turns up after 35 years. (S3)
10.30 **Jules and Greg's Wild Swim** 5/6. The hidden rock pools and ancient waterfalls of Skye.
11.00 PM **to 12.00** M'T **Amazing Hotels: Life Beyond the Lobby** Rob and Monica work in a Shanghai hotel built into a quarry.

Sky Comedy

114/115 112/113 112 347 362

8.00 AM **Will & Grace** (S2)
9.00 **The Conners** (S4)
10.00 **Sex and the City** (S4)
11.20 **Girls** 5&6/10. (S2)
12.30 PM **The Office (US)**
1.30 **The Conners** (S4)
2.30 **The Office (US)** (S3)
3.30 **Will & Grace** (S2)
4.30 **Sex and the City** (S4)
5.45 **The Office (US)** (S3)
6.45 **Will & Grace** 18/24. Jack gives Karen's favourite shoes to charity.
7.15 16/24. Will meets an old flame. (S2)
7.45 **Sex and the City** 14/18. The girls go dancing.
8.25 15/18. Carrie panics about her wedding. (S4)
9.00 **Paul Chowdhry: Live Innit** Stand-up comedy.
10.15 **The Tonight Show Starring Jimmy Fallon** New edition Chat show.
11.15 **And Just Like That...**
12.10 AM **Entourage** (S4)
1.15 **Veep** 9&10/10. (S6)
2.25 **Curb Your Enthusiasm**
3.40 **to 5.00** AM **Barry**

Sky Arts

124/125 114/115 123 36 143 24 350 365

6.00 AM **Classic Quadrophenia**
7.35 **The Joy of Painting**
9.05 **Tales of the Unexpected**
10.00 **Hitchcock Presents**
11.00 **The Directors**
12.00 NOON **Discovering**
1.00 PM **Tales of the...**
2.00 **Buster Keaton: The Genius Crushed by Hollywood**
3.00 **Painting Birds with Jim and Nancy Moir**
4.00 **The Directors**
5.00 **Discovering**
6.00 **Tales of the Unexpected**
7.00 **Hitchcock Presents**
8.00 **Guy Garvey: From the Vaults**
9.00 **Opry Live** New edition
10.00 **Elvis '56 Special**
11.20 **Elvis: Tortured Soul**
12.45 AM **Chuck Berry: The King of Rock n' Roll**
2.30 **Buddy Holly: Rave On**
3.45 **Classic Albums**
4.45 **to 6.00** AM **National Trust: Garden Treasures**

Sky Mix

151 158 135 11 141 23

7.00 AM **Motorway Patrol**
8.00 **Border Security: America's Front Line**
9.00 **Nothing to Declare**
11.00 **Highway Patrol**
12.00 NOON **Border Security: America's Front Line**
1.00 PM **Border Patrol**
2.00 **Nothing to Declare**
4.00 **Star Trek: Enterprise**
5.00 **Stargate SG-1** (S7)
6.00 **Star Trek: Voyager** (S2)
7.00 **LIVE Football: WSL** Manchester City v Brighton & Hove Albion: The top-flight encounter from Joie Stadium. Kick-off is at 7.30.
10.00 **Forensics: Catching the Killer** Documentary.
11.00 **Grimm** 1/22. (S1)
12.00 M'T **Killer in My Village**
1.00 AM **Nothing to Declare**
2.00 **Brit Cops: Law & Disorder** Documentary.
3.00 **Highway Patrol**
4.00 **Border Patrol**
5.00 **to 6.00** AM **Highway Cops**

ITV Quiz

131/132 125 119 28 119 22

9.00 AM **Lingo** Quiz show.
10.00 **Tipping Point**
1.00 PM **Lingo** Quiz show.
2.00 **Ant & Dec's Limitless Win** Childhood sweethearts Bianca and Ky continue their game.
3.00 **Tenable** Double bill of the quiz show hosted by Warwick Davis.
5.00 **Deal or No Deal**
6.00 **Lingo** Double bill of the quiz hosted by Adil Ray.
8.00 **Deal or No Deal** Stephen Mulhern hosts as Sandra takes on the infamous Banker for the chance to win a life-changing cash prize.
9.00 **Deal or No Deal: Celebrity Special** Motsi and Oti Mabuse compete to win money for charity.
10.00 **Tipping Point** Triple bill of the game show hosted by Ben Shephard.
12.50 AM **Deal or No Deal: Celebrity Special**
1.45 **to 2.00** AM **Unwind**

Great! TV

157 167 170 34 32

8.00 AM **Murder, She Wrote**
9.00 **Diagnosis Murder**
10.00 **Little House on the Prairie** 21&22/24. (S4)
12.00 NOON **Highway to Heaven** 22/24. (S2)
1.00 PM **Diagnosis Murder**
3.00 **Murder, She Wrote**
4.00 **Danielle Steel's Star**
6.00 **Rumpole of the Bailey**
7.00 **Rising Damp** 7/7. (S1)
7.30 **Man About the House**
8.00 **A Fine Romance** (S1)
8.30 **Home to Roost** (S1)
9.00 **FILM Beverly Hills Cop II** Action comedy sequel starring Eddie Murphy. (1987, 15, 99min) ★★★
11.15 **FILM Up Close & Personal** Romance starring Robert Redford and Michelle Pfeiffer. (1996, 15, 124min) ★★
1.50 AM **Rising Damp** (S1)
2.20 **Man About the House**
2.45 **M*A*S*H** (S11)
4.00 **to 4.50** AM **Highway to Heaven**

+1 hour 257

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

ITV4

120 124 118 26 117 21

6.00 AM **Great Racehorses**
6.20 **The Saint**
7.20 **Kojak** Double bill.
9.25 **Magnum, PI** Double bill.
11.30 **Robin of Sherwood**
12.45 PM **BattleBots**
1.40 **Kojak** Double bill.
3.45 **Magnum, PI** *The Look:* Thomas attempts to help a Saigon disc jockey who is trying to trace her missing ex-fiancé. **4.50** *Operation Silent Night:* Thomas, Higgins, TC and Rick get stranded on an island at Christmas.

6.00 Darts: World Series Finals

6.00 LIVE World Series of Darts Coverage of the opening day of the finals staged at AFAS Arena in Amsterdam, featuring first-round matches, played over the best of 11 legs. Luke Littler is the defending champion after defeating Michael Smith 11–4 in last year's final at the AFAS Arena and arrives in great form after winning the World Series events in Wollongong and Auckland in August.

10.00 Wrestling: AEW Dynamite Hard-hitting action from the world of All Elite Wrestling – the roster features world-class talent including Jon Moxley, Chris Jericho and Claudio Castagnoli.

12.00 M'T **Dark Side of the Ring**
1.00 AM **Robin of Sherwood**
2.00 **The Protectors**
2.30 **to 3.00** AM **Unwind with ITV**

+1 hour 220 318 118

Sky Sci-Fi

139/140 116/117 122 348 363

6.00 AM **Most Haunted**
8.00 **Teleshopping**
11.00 **Star Trek: The Next Generation** 16/26. (S1)
12.00 NOON **Star Trek: Enterprise**
1.00 PM **Star Trek: Deep Space Nine** 4/26. (S2)
2.00 **Primeval** 1/6. (S5)
3.00 **Star Trek: Enterprise** (S1)
4.00 **Stargate Atlantis** 8/20. (S4)
5.00 **Star Trek: Deep Space Nine**
6.00 **Star Trek: The Next Generation** 16/26. The *Enterprise* is on escort duty for a Federation admiral. (S1)

11.00 True Blood

7.00 Primeval 1/6. The team battle a burrowing insect causing chaos across the city, while Philip hires a new lab assistant. (S5)

8.00 Stargate Atlantis *The Seer:* 8/20. The team meet an extraordinary prophet named Davos. Guest stars Martin Jarvis. (S4)

9.00 The Ark *Hoping for Forever:* 10/12. The situation seems hopeless after crew members are taken hostage. (S1)

10.00 Grimm *Beeware:* 3/22. Nick and Hank investigate the case of a female lawyer found dead on a bus. (S1)

11.00 True Blood 1/10. The human residents of Bon Temps find themselves working with the uninfected vampires. **12.00** M'T 2/10. The three hostages taken from the party look for help. (S7)

1.00 AM **SurrealEstate** (S2)
3.00 **Primeval** As 7.00pm.
4.00 **to 6.00** AM **Most Haunted**

U&Alibi

109/110 120/130 114 343 358

7.15 AM **Murdoch Mysteries** (S13)
9.00 **Father Brown** As 6.00pm.
10.00 **The Mentalist** 15/23. (S2)
11.00 **Hudson & Rex** 8/16. (S6)
12.00 NOON **Body of Proof** (S2)
1.00 PM **Death in Paradise** (S8)
2.00 **Murdoch Mysteries** (S13)
4.00 **The Mentalist** 15/23. (S2)
5.00 **Hudson & Rex** 8/16. Charlie goes undercover in prison to investigate a murder. (S6)
6.00 **Father Brown** *The Judgement of Man:* The priest becomes embroiled in an art heist masterminded by Flambeau.

9.00 Father Brown

7.00 Body of Proof *Love Thy Neighbour:* 1/20. Megan's investigates a car crash in a seemingly perfect neighbourhood. (S2)

8.00 Death in Paradise *Murder on the Honore Express:* 1/8. A bus passenger is stabbed but no one else saw it happen. (S8)

9.00 Father Brown *The Deserving Poor:* The sleuth investigates when his old friend Blind 'Arry is arrested for murder.

10.00 Mudtown *Fight Dirty:* 4/6. Beca and Sonny's involvement in the fire becomes evident, while Alun's problems grow. (S1)

11.00 **Father Brown** As 6.00pm.
12.00 M'T **White Collar** 16/16. Adler kidnaps Alex, Peter and Neal and locks them in the same warehouse. (S2)
1.00 AM **Death in Paradise**
2.00 **to 4.00** AM **Murdoch Mysteries**

+1 hour 209/210 314

U&Gold

110/111 121/131 124 344 359

7.05 AM **Don't Wait Up**
7.50 **The Green Green Grass**
8.30 **Last of the Summer Wine**
9.50 **Hi-de-Hi!**
10.30 **Open All Hours**
11.05 **Last of the Summer Wine**
12.20 PM **The Green Green Grass**
1.00 **Dad's Army** Double bill.
2.20 **Open All Hours**
3.00 **Last of the Summer Wine**
4.20 **Don't Wait Up**
5.00 **Blackadder Goes Forth**
6.20 **Hi-de-Hi!** Ted cons some unsuspecting campers.

10.20 The Office

7.00 Dad's Army The men use up all their ammunition shooting at an aircraft.
7.35 Open All Hours Arkwright attends an old customer's funeral, leaving Granville in charge of the store.
8.20 Blackadder Goes Forth Captain Blackadder hunts for a spy in hospital.

9.00 Blackadder Goes Forth Captain Blackadder pretends to be insane.
9.40 Not Going Out A confused old woman wanders into Lucy's flat.
10.20 The Office David shares his unique management philosophy with a trade magazine.

11.00 **Mrs Brown's Boys** Rory and Dino have a bust-up.
11.40 **Blackadder Goes Forth**
1.00 AM **Not Going Out**
1.35 **The Office**
2.25 **Mrs Brown's Boys**
2.55 **Blackadder Goes Forth**
3.25 **to 4.00** AM **The Office**

+1 hour 210/211 324

U&Dave

111/112 130/132 127 19 157 19

7.10 AM **Pointless** Quiz show.
8.00 **Border Force: America's Gatekeepers** Double bill.
10.00 **Outback Pilots** Double bill.
12.00 NOON **Storage Hunters UK**
2.00 PM **Railroad Australia**
3.00 **Top Gear** Double bill.
5.00 **Rick Stein's Long Weekends** The chef heads to Palermo on the northern coast of Sicily.
6.00 **Hairy Bikers' Best of British** Si King and Dave Myers continue their culinary journey by exploring the history behind some of Britain's famous pies.

5.00 Rick Stein's Long Weekends

7.00 Would I Lie to You? At Christmas With James Acaster, Lily Allen, Noddy Holder and Sian Gibson.
7.40 Richard Osman's House of Games With Maisie Adam and Rory Bremner. **8.20** With Darren Harriott, Charlie Brooks, Les Dennis and Melinda Messenger.

9.00 QI XL The Rev Richard Coles, Sarah Millican and David Mitchell join regular panellist Alan Davies and host Stephen Fry.

10.00 Have I Got a Bit More News for You Alexander Armstrong hosts, with comedian Ria Lina and journalist Matt Chorley.

11.00 **Taskmaster**
12.00 M'T **Mock the Week** With Ed Gamble and Zoe Lyons.
12.40 AM **Would I Lie to You?**
2.00 **Dave Gorman: Modern Life Is Goodish**
3.00 **to 4.00** AM **Richard Osman's House of Games**

+1 hour 211/212 327 74 259

7 PM
8 PM
9 PM
10 PM

4seven

137/138 163 143 49 127 16

9.00 AM **Car S.O.S**
10.00 **Chateau DIY**
12.00 NOON **George Clarke's Amazing Spaces**
1.00 PM **A Place in the Sun**
3.00 **Come Dine with Me**
5.30 **A Place in the Sun**
7.00 **The Dog House** Two brothers consider adopting a Chihuahua.
8.00 **Educating Yorkshire** The pressure of secondary school starts to get real for Year 10 pupil Casey.
9.00 **24 Hours in A&E** An 18-year-old motorcyclist is rushed in after colliding with two cars.
10.00 **8 Out of 10 Cats Does Countdown: Best Bits** A compilation of memorable moments.
11.05 **Gogglebox** Double bill.
1.05 AM **Big Fat Quiz: Best Bits** Series highlights.
2.10 **Mitchell and Webb Are Not Helping**
2.40 **Taskmaster**
3.45 **to 4.45** AM **The Dog House**

5USA

141/169 129 120/162 21 129 29

9.00 AM **Entertainment News**
9.10 **NCIS** 20–22/24. (S8)
12.00 NOON **Law & Order**
6.00 PM **NCIS** *Newborn King:* 11/24. The team provide protection for a pregnant Marine. **7.00** *Housekeeping:* 12/24. The team cross paths with missing NCIS agent EJ Barrett. **8.00** *A Desperate Man:* 13/24. A Navy lieutenant commander's body is discovered in an apartment. (S9)
9.00 **Person of Interest** *In Extremis:* 20/22. A heart surgeon is poisoned with polonium. **10.00** *Zero Day:* 21/22. Finch and Reese discover the Machine is in danger from the Stanton virus. (S2)
11.00 **Law & Order: Special Victims Unit** (S20&19)
2.45 AM **Criminal Minds**
3.35 **to 4.00** AM **Cops**

+1 hr 241/269 320/362 130

5STAR

128/129 128 126 32 131 25

8.00 AM **Bargain-Loving Brits in the Sun**
10.00 **Nightmare Tenants, Slum Landlords**
11.00 **Traffic Cops** Triple bill.
2.00 PM **Police Interceptors**
5.00 **Car Pound Cops**
6.00 **Home and Away**
7.00 **GPs: Behind Closed Doors** Medical series.
8.00 **Casualty 24/7: Every Second Counts** Dr Humphrey tries to put a man's dislocated shoulder into place.
9.00 **FILM RoboCop** Sci-fi thriller remake starring Joel Kinnaman and Gary Oldman. (2014, 12, 113min) ★★★
11.20 **FILM Basic** Military thriller starring John Travolta, Connie Nielsen and Samuel L Jackson. (2002, 15, 98min) ★★
1.25 AM **Banged Up Abroad**
2.20 **to 4.00** AM **Bargain-Loving Brits in the Sun**

+1 hour 228/229 326 140

5Action

150 165 130 33 132 26

9.00 AM **Entertainment News**
9.10 **Outback Truckers**
10.05 **Trucking Hell**
11.05 **Traffic Cops**
12.05 PM **Police Interceptors**
2.05 **FILM Ride in the Whirlwind** Western starring Jack Nicholson. (1966, PG, 83min) ★★
4.00 **Trucking Hell**
5.00 **Traffic Cops**
6.00 **Police Interceptors** Triple bill, including at: **8.00** Chris and Andy pursue a drug dealer through the back streets.
9.00 **FILM Mercury Rising** Thriller starring Bruce Willis, Alec Baldwin and Miko Hughes. (1998, 15, 110min) ★★★
11.15 **MacGyver** 9/23. (S2)
12.10 AM **La Brea** New episode 10/14. (S2)
1.05 **The Tube: Keep London Moving!**
3.05 **Trucking Hell**
3.55 **to 4.00** AM **Entertainment News**

U&W

132/133 131/133 125 25 156 28

6.10 AM **One Born Every Minute** Documentary.
7.00 **Tipping Point**
10.00 **My Dream Home**
1.00 PM **Tipping Point**
4.00 **Property Brothers: Forever Homes**
6.00 **DIY SOS: The Big Build**
7.00 **MasterChef Australia** New edition Poh Ling Yeow sets a Sweet Week pressure test.
8.10 **Inside the Ambulance** Hannah and Amy treat a teenager whose pain has left her unable to speak.
9.10 **999 Rescue Squad** The crew deal with a suspected acid attack. **10.10** A police chase ends with a spectacular crash and five trapped teens in the wreckage.
11.10 **First Responders**
1.20 AM **Interior Design Masters with Alan Carr**
2.25 **to 3.00** AM **Amanda & Alan's Italian Job**

+1 hour 232/233 325

U&Drama

143 132/134 116 20 158 20

7.25 AM **Soldier, Soldier**
8.30 **Doctors**
9.50 **Classic Holby City**
10.50 **Classic Casualty**
11.55 **The Bill**
1.00 PM **Classic EastEnders**
2.20 **Soldier, Soldier**
3.20 **The Doctor Blake Mysteries** 7/10. (S5)
4.20 **London's Burning**
5.20 **'Allo 'Allo!**
6.00 **Waiting for God**
6.40 **Last of the Summer Wine** Double bill.
8.00 **Father Brown**
10.00 **New Tricks** *The Curate's Egg:* The team investigate the case of a murdered vicar.
11.20 **Spooks** *Split Loyalties:* 2/8. Harry vows revenge on Kachimov. (S7)
12.40 AM **Lovejoy**
1.40 **'Allo 'Allo!**
2.25 **Waiting for God**
2.55 **to 4.00** AM **A Remarkable Place to Die**

+1 hr 243 316 60 260

FRIDAY Entertainment

Friday

Really

142 150 128 17 145 18

6.00 AM **Celebrity Fantasy Homes** Property series.
7.00 **Teleshopping**
8.00 **Salvage Hunters**
11.00 **Escape to the Country**
1.00 PM **Salvage Hunters**
3.00 **Antiques Road Trip**
5.00 **The Yorkshire Auction House** Double bill.
7.00 **Antiques Road Trip** Izzie Balmer and David Harper travel around Fife, Perthshire and Angus. **8.00** Izzie Balmer and David Harper explore north-east Scotland.
9.00 **Saving Lives at Sea** The crew at Wick search to find a paddleboarder. **10.00** In Thurso, the crew race to the rescue of an ocean-going rower who has run into trouble.
11.00 **Helicopter ER**
12.00 M'T **Help! My House Is Haunted** Double bill.
2.00 AM **Teleshopping**
4.00 **to 6.00** AM **Salvage Hunters**

Challenge

130/131 159 139 48 142 43

7.00 AM **The Chase**
9.00 **Tenable** Double bill.
11.00 **The Chase** Quiz show.
12.00 NOON **Who Wants to Be a Millionaire? Celebrity Special**
1.00 PM **The Bidding Room**
2.00 **Family Fortunes**
3.00 **Bullseye** Double bill.
4.00 **Who Wants to Be a Millionaire? Celebrity Special** Celebrities compete to win a cash prize for a charity of their choice.
5.00 **The Bidding Room**
7.00 **The Chase Celebrity Special** Featuring guests Matthew Wright, Suzi Perry, Ian 'H' Watkins and Crissy Rock.
8.00 **The Chase** Double bill.
10.00 **Who Wants to Be a Millionaire? Celebrity Special** Double bill.
12.00 M'T **Bullseye** Double bill.
1.00 AM **The Crystal Maze**
2.00 **The Chase** Triple bill.
5.00 **to 6.00** AM **Bullseye**

Great! Action

323 319 426 42 33

9.10 AM **Wanted: Dead or Alive** Western.
9.40 **FILM Angel and the Badman** Offbeat John Wayne Western. (1947, b/w, U, 100min) ★★★
12.00 NOON **Tombstone Territory** Double bill.
1.00 PM **FILM The Stranger Wore a Gun** Western. (1953, U, 83min) ★★
3.00 **Wanted: Dead or Alive**
4.00 **Tombstone Territory**
5.00 **The High Chaparral**
6.00 **The Persuaders!** (S1)
7.00 **The Avengers** (S4)
8.00 **The New Avengers**
9.00 **FILM Lock Up** Drama. (1989, 18, 106min) ★★
11.25 **FILM Half Past Dead** Action thriller. (2002, 15, 98min) ★★★
1.35 AM **The Avengers** (S4)
2.35 **The New Avengers** (S1)
3.35 **Cops Uncut** Double bill.
4.25 **to 5.50** AM **Wild West Chronicles**
+1 hour 324

Great! Mystery

321 318 425 50 48

8.00 AM **FILM Cry for Justice** Fact-based drama. (2013, 12, 107min) ★★
10.00 **Unforgettable** (S1)
11.00 **Castle** 6/10. (S1)
12.00 NOON **FILM An Emma Fielding Mystery: More Bitter Than Death** Drama. (2019, PG) ★★
1.55 PM **FILM Martha's Vineyard Mysteries: Riddled with Deceit** Drama. (2020, PG) ★★
4.00 **Diagnosis Murder**
5.00 **Murder, She Wrote**
6.00 **Sue Thomas: F.B.Eye**
7.00 **Castle** 7/10. (S1)
8.00 **Unforgettable** (S1)
9.00 **FILM Ruby Herring Mysteries: Her Last Breath** (2019, PG) ★★
10.55 **FILM Mystery 101: Pilot** Drama. (2019, PG) ★★
1.00 AM **FILM Fatal Trust** Thriller. (2016, 12) ★★
2.50 **FILM Killer Night Shift** Thriller. (2018, 15) ★★
4.25 **to 4.50** AM **Police Ten 7**
+1 hour 322

Great! Christmas

319 317 424 52 47

8.00 AM **FILM Christmas in Palm Springs** Drama. (2014, PG, 84min) ★★
9.55 **FILM Finding Father Christmas** (2016) ★★
11.55 **FILM A Family for the Holidays** (2018, U) ★★
2.00 PM **FILM Christmas Comes Home** Drama. (2020, PG, 84min) ★★
4.05 **FILM It's Beginning to Look a Lot Like Christmas** Comedy. (2019, U, 89min) ★★
5.55 **FILM Christmas on the River** (2019, PG) ★★
8.00 **FILM A Very British Christmas** Drama. (2019, PG, 90min) ★★
9.55 **FILM Christmas Song** Drama. (2012, PG) ★★
11.55 **FILM On the Twelfth Day of Christmas** Drama. (2015, PG, 90min) ★★
1.50 AM **FILM Coming Home for Christmas** (2017)
3.25 **to 4.50** AM **FILM Christmas Comes Home**
+1 hour 320

Rewind TV

182 81 141

6.00 AM **Highlights**
10.30 **Soap** 3/25. (S1)
11.00 **In Loving Memory** (S1)
11.30 **Jokers Wild**
12.00 NOON **Please Sir!** (S3)
12.30 PM **Don't Drink the...**
1.00 **FILM His Girl Friday** (1940, b/w, U) ★★★★★
2.45 **Auto Rewind**
3.00 **Bramwell** 6/7. (S1)
4.00 **Mapp and Lucia** (S1)
5.00 **Lucky Feller**
5.30 **In Loving Memory** (S1)
6.00 **The Monkees** (S1)
6.30 **Soap** 3/25. (S1)
7.00 **Carry On Laughing**
7.30 **Don't Drink the Water**
8.00 **Jokers Wild**
8.30 **Lucky Feller**
9.00 **Please Sir!** (S3)
9.30 **Brass** 13/13. (S2)
10.00 **Game On** 6/6. (S1)
10.35 **Stereo Underground**
11.35 **The Monkees** (S1)
12.05 AM **FILM The Wasp Woman** (1960, PG) ★★
1.20 **Mysterious Tales**
1.30 **to 6.00** AM **Highlights**

DMAX

159 152 169 39 147 35

6.00 AM **Gold Divers**
8.00 **Deadliest Catch**
10.00 **Maine Cabin Masters**
12.00 NOON **Alaskan Bush People** Documentary.
1.00 PM **Expedition Bigfoot**
2.00 **Expedition Unknown**
3.00 **Alaska: Homestead Rescue** Double bill.
5.00 **Outback Opal Hunters**
7.00 **Deadliest Catch** A *Kodiak* crewman suffers a serious injury. **8.00** A fight breaks out.
9.00 **Shorty's Dream Shop** Shorty and Pete track down a Volkswagen bus. **10.00** Work continues to get the Volkswagen delivery bus finished.
11.00 **Mysteries of the Deep**
12.00 M'T **British Speedway**
1.00 AM **Naked and Afraid XL** Documentary.
2.00 **Teleshopping**
5.00 **to 6.00** AM **Salvage Dawgs**
+1 hour 259 369 153

Food Network

140/141 154 190 43 148 39

6.00 AM **James Martin's Islands to Highlands**
7.00 **Rachel Allen: Bake!**
8.00 **The Pioneer Woman**
9.00 **Jamie's 15 Minute Meals**
10.00 **The Hairy Bikers' Northern Exposure**
11.00 **Great British Bake Off**
12.30 PM **30 Minute Meals**
1.00 **James Martin's Islands to Highlands**
2.00 **French Adventure**
3.00 **Rachel Allen: Bake!**
4.00 **The Pioneer Woman** New editions Double bill.
5.00 **Jamie's 15 Minute Meals**
6.00 **The Hairy Bikers' Northern Exposure**
7.00 **Great British Bake Off**
8.30 **30 Minute Meals**
9.00 **Simple Cooking**
10.00 **City Bakes** Cape Town.
11.00 **Diners, Drive-Ins and Dives** Four editions.
1.00 AM **Man v Food**
2.00 **to 3.00** AM **Guy's Grocery Games**
+1 hour 240/241 154

Legend

148 156 149 41 137 38

8.00 AM **Walker, Texas Ranger** 24/24. (S8)
9.00 **The Fall Guy** 8/23. (S4)
10.00 **Charlie's Angels** (S1)
11.00 **FILM The Abominable Snowman** Chiller. (1957, b/w, 12, 91min) ★★
12.45 PM **FILM The Scarlet Blade** Adventure. (1963, U, 83min) ★★
2.20 **FILM Airport** Thriller. (1969, PG, 137min) ★★★
5.00 **Star Trek** 14/30. (S1)
6.00 **Charlie's Angels** (S1)
7.00 **The Fall Guy** 2/23. (S4)
8.00 **Walker, Texas Ranger**
9.00 **FILM Reign of Fire** Sci-fi adventure. (2002, 12, 102min) ★★★
11.00 **FILM Out of the Furnace** Thriller. (2013, 15, 114min) ★★★★
1.15 AM **FILM The Hatton Garden Job** Drama. (2017, 15, 93min) ★★★
3.05 **to 4.50** AM **FILM The Satanic Rites of Dracula** Horror chiller. (1973, 18, 88min) ★★

Legend Xtra

317 316 171 69 138 51

6.00 AM **FILM George and the Dragon** As 5.00pm.
8.00 **FILM Arctic Apocalypse** Disaster adventure. (2019, PG, 90min) ★
10.00 **Andromeda** 21/22. (S1)
11.00 **FILM The People That Time Forgot** Fantasy adventure sequel. (1977, U, 96min) ★★
1.00 PM **FILM Monster Hunters** Sci-fi thriller. (2020, 15, 88min) ★
3.00 **Andromeda** 21/22. (S1)
4.00 **Six Million Dollar Man**
5.00 **FILM George and the Dragon** Fantasy. (2004, PG, 93min) ★★★
7.00 **Andromeda** 22/22. (S1)
8.00 **Six Million Dollar Man**
9.00 **FILM Night Hunter** Thriller with Henry Cavill. (2018, 15, 88min) ★★
11.00 **FILM The Football Factory** Violent drama. (2004, 18, 91min) ★
1.00 **to 3.00** AM **FILM Night Hunter** As 9.00pm.
+1 hour 318 371 139

Blaze

164 169 174 64 161 41

6.00 AM **Dickinson's Real...**
6.40 **Junk and Disorderly**
7.35 **Auction Hunters**
8.00 **Storage Hunters**
8.55 **Hardcore Pawn**
10.15 **UFOs Declassified**
11.10 **The UnXplained**
12.10 PM **Mysteries from Above** Documentary.
1.05 **Pawn Stars**
2.05 **Junk and Disorderly**
3.05 **Storage Hunters**
4.00 **Ancient Aliens**
6.00 **UFOs Declassified**
7.00 **Storage Hunters**
8.00 **Dickinson's Real Deal**
9.00 **The Proof Is Out There**
10.00 **MonsterQuest**
11.00 **World's Most Unexplained...**
12.00 M'T **Paranormal Survivor** Documentary.
1.00 AM **UFOs Declassified**
2.00 **Ancient Aliens**
3.45 **Deep Water Salvage**
4.35 **Hardcore Pawn**
5.00 **to 6.00** AM **Dickinson's Real Deal**

5SELECT

153 166 138 46 133 30

9.00 AM **Secrets of the Royal Traditions**
11.00 **Ben Fogle: New Lives in the Wild** The Cairngorms.
12.00 NOON **The River Thames: Then & Now**
1.00 PM **The Yorkshire Vet**
3.00 **Murder, She Wrote**
4.00 **Columbo**
6.00 **Secrets of the Royal Traditions** Double bill.
8.00 **Ben Fogle: New Lives in the Wild** Ben meets an author in Co Galway, Ireland, who has turned his back on money.
9.00 **Murder Most Puzzling** 1/3. Crime drama about a puzzle expert helping the police solve murders in a sleepy market town. Stars Phyllis Logan. (S1)
11.00 **Prisoner: Cell Block H**
1.00 AM **Dogs Behaving (Very) Badly** Double bill.
3.00 **Paul Martin's Antiques Showdown**
3.50 **to 4.00** AM **Entertainment News**

HGTV

158 153 191 44 149 40

7.00 AM **Building Alaska**
8.00 **A Place in the Sun**
10.00 **Escape to the Country**
11.00 **My Lottery Dream Home Fab Faves**
12.00 NOON **My Lottery Dream Home**
2.00 PM **A Place in the Sun**
3.00 **My Dream Derelict Home** Property series.
4.00 **Escape to the Country**
6.00 **A Place in the Sun**
8.00 **My Dream Derelict Home** An investment manager tries to transform a barn into a modern home.
9.00 **My Lottery Dream Home International**
9.30 **My Lottery Dream Home** Triple bill.
11.00 **Home Town**
12.00 M'T **A Place in the Sun**
1.00 AM **Building Alaska**
2.00 **Flip or Flop** Double bill.
3.00 **to 4.00** AM **My Lottery Dream Home**
+1 hour 258/262 391

TLC

133/134 139 165

7.00 AM **Extreme Couponing**
8.00 **My Lottery Dream Home** Double bill.
9.00 **Say Yes to the Vegas Dress** Double bill.
11.00 **My 600lb Life**
12.00 NOON **Dr Pimple Popper** Medical series.
1.00 PM **Little People, Big World** Documentary.
2.00 **Breaking Amish: Brave New World**
3.00 **Outdaughtered: Busby Quints**
5.00 **My 600lb Life**
6.00 **Dr Pimple Popper**
7.00 **The Bad Skin Clinic**
8.00 **My 600lb Life** Bianca seeks help with surgery. **10.00** A man who gained weight after his dreams were dashed.
12.00 M'T **Sex Sent Me to the ER** Medical series.
1.00 AM **Extreme Couponing**
2.00 **to 6.00** AM **My 600lb Life**
+1 hour 233/234 365

Comedy Central

112/113 135 132 345 360

8.00 AM **Impractical Jokers**
9.00 **New Girl** 11&12/24. (S1)
10.00 **Last Man Standing** (S9)
11.00 **Everybody Loves Raymond** 5-8/16. (S9)
1.00 PM **Friends** (S4&5)
7.00 **Friends** 4-7/24. (S5)
9.00 **Michael McIntyre's Big Show** With Rita Ora and Michael Bublé.
10.00 **Iain Stirling's Roast the Internet** With Guz Khan.
11.00 **Mike Judge's Beavis and Butt-Head**
11.30 **CC Live: Stand Up Shorts** New edition
12.00 M'T **Whose Line Is It Anyway? USA**
1.00 AM **8 Out of 10 Cats**
2.00 **Police Squad!** (S1)
3.00 **Rosie Jones Tries to Help**
3.05 **Michael McIntyre's Big Show** As 9.00pm.
3.50 **The Daily Show** New edition Talk show.
4.15 **to 5.00** AM **Friends**
+1 hour 212/213 332

Comedy Cen. Extra

127/128 136 154 345 360

6.00 AM **Last Man Standing**
7.00 **Teleshopping**
9.00 **Most Ridiculous**
10.00 **Daria** 12&13/13. (S1)
11.00 **Friends** 18-21/25. (S6)
1.00 PM **Impractical Jokers**
2.00 **Daria** 1&2/13. (S2)
3.00 **Takeshi's Castle**
4.00 **Guessable?**
5.00 **Most Ridiculous**
6.00 **Last Man Standing** (S9)
7.00 **Everybody Loves Raymond** 5-8/16. (S9)
9.00 **New Girl** 19&20/24. (S1)
10.00 **Friends** 2-5/24. (S4)
12.00 M'T **John Mulaney: New in Town**
1.00 AM **Jonathan Pie: Back to the Studio**
2.00 **Drunk History**
3.00 **The Alternative Comedy Experience**
3.45 **FILM Out of Office** Comedy starring Ken Jeong and Jay Pharoah. (2022, 12, 90min) ★★★
5.15 **to 6.00** AM **Last Man Standing**

Sky Replay

152 160 156

7.00 AM **Sixth Sense with Colin Fry** Double bill.
8.00 **Celebrity Four Weddings** Reality series.
9.00 **Four Weddings**
10.00 **Highway Cops**
11.00 **UK Border Force**
1.00 PM **Motorway Patrol**
2.00 **Border Security USA**
3.00 **NCIS: New Orleans**
4.00 **Caught on Dashcam**
5.00 **Motorway Patrol**
6.00 **Border Security USA**
7.00 **SEAL Team** (S1)
9.00 **Road Wars** A gang of boy racers cause trouble in a car park.
10.00 **Last King of the Cross**
12.10 AM **The Russell Howard Hour**
1.00 **A League of Their Own: Mexican Road Trip**
2.00 **Duck Quacks Don't Echo** With Gabby Logan.
3.00 **Road Wars** As 9.00pm.
4.00 **Celebrity Four Weddings** Reality series.
5.00 **to 6.00** AM **Sixth Sense with Colin Fry**

MTV

126/127 137 134 351 366

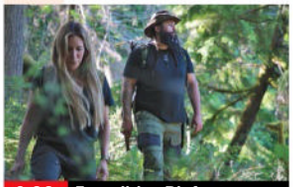
6.00 AM **The Hills**
6.20 **16 and Pregnant**
7.10 **Teen Mom: The Next Chapter** Reality series.
8.00 **Catfish: The TV Show**
10.00 **Catfish: On the Run**
11.00 **Catfish: The TV Show**
2.00 PM **Catfish: Scammed**
3.00 **Catfish: The TV Show**
4.00 **Dallas Cowboys Cheerleaders**
6.00 **Teen Mom 2: From the Beginning** Reality series.
7.00 **MTV Video Music Awards** Highlights of the award ceremony at the UBS Arena in New York.
10.00 **Lindsay Lohan's Beach Club** The actor launches a new club on Mykonos.
11.00 **Shawn Mendes: MTV Unplugged**
12.00 M'T **MTV Family Legacy**
1.00 AM **Ink Master Redemption**
2.00 **Geordie Shore: Chloe's Story** Reality series.
2.45 **Celeb Ex in the City**
3.35 **to 4.00** AM **The Hills**

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Discovery

125/126 138 177 320 325

6.00 AM **How It's Made**
7.00 **Flying Wild Alaska**
9.00 **Gold Rush** Double bill.
11.00 **Wheeler Dealers** Double bill.
1.00 PM **Gold Divers** Double bill.
3.00 **Scrap Kings** The M4 is closed so diggers can destroy a bridge. **4.00** Four towers from an old coal station are blown up.
5.00 **Building Off the Grid** A mother and son build an off-grid family commune.
6.00 **Hoffman Family Gold** Following Todd Hoffman as he turns around a mine in Nome.



9.00 Expedition Bigfoot

7.00 **Wheeler Dealers: Dream Car** Mike and Elvis deliver a guide to buying a dream car, featuring auctions and car shows.

8.00 **Deadliest Catch** Sig prompts Rick to search for a decades-old chart, while Johnathan risks 20-foot seas.

9.00 **Expedition Bigfoot** New edition The team converge on an area and are led to a discovery they have never seen before.

10.00 **Expedition Files** New information reveals Jack the Ripper's identity, while DNA suggests the existence of a Yeti.

11.00 **Mystery at Blind Frog Ranch** The results from the radiocarbon testing are in.
12.00 M'T **Blowing Up History**
1.00 AM **Expedition Bigfoot**
2.00 **Expedition Files** As 10.00pm.
3.00 **Kindig Customs**
4.00 **to 5.00** AM **Expedition Bigfoot**

+1hour 225/226 377

Animal Planet

162/175 140 178

8.00 AM **My Cat from Hell**
9.00 **Fish or Die**
10.00 **Tanked** Documentary.
11.00 **Animal Cops Houston**
1.00 PM **Crikey! It's the Irwins**
2.00 **Pit Bulls & Parolees**
3.00 **My Cat from Hell** A pair of cats intent on destruction. **4.00** A bullying feline.
5.00 **Lone Star Law** Wardens investigate the killing of a protected rattlesnake.
6.00 **Dr Jeff: Rocky Mountain Vet** Performing surgery on a dog found tied to a fence.

8.00 Guardians of Rescue

7.00 **Treehouse Masters** Pete Nelson and his team visit an alpaca farm to build a lodge inspired by US national parks.

8.00 **Guardians of Rescue** Rob and vet Moose investigate a claim about dogfighting, while Dori helps a homeless vet.

9.00 **Alaska: The Last Frontier** The Kilchers drive the herd across icy rivers after the rest return from the grazing grounds.

10.00 **Alaskan Bush People** The Wolfpack's quest for complete freedom takes a big step forward with new livestock.

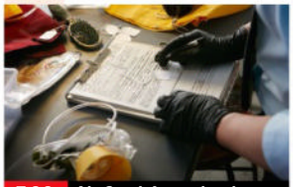
11.00 **Pit Bulls & Parolees** Tia and the twins are devastated by Chong's cancer diagnosis.
12.00 M'T **Crikey! It's the Irwins** Robert saves a platypus.
1.00 AM **Guardians of Rescue**
2.00 **Treehouse Masters**
3.00 **to 5.00** AM **Animal Cops Houston**

+1hour 262/275 378

Nat Geographic

129/130 144 183

8.00 AM **Europe from Above**
9.00 **Air Crash Investigation: Special Report**
10.00 **Air Crash Investigation**
12.00 NOON **Construction Fails**
2.00 PM **WW2: Hell Under the Sea** Double bill of editions.
4.00 **Engineering Europe** The UK's engineering wonders revealed.
5.00 **Car S.O.S** Fuzz and Tim fix up an iconic 1989 Golf.
6.00 **Hitler's Last Stand: Fight to the Finish** Three missions in World War Two which put Allied soldiers to the test.



7.00 Air Crash Investigation

7.00 **Air Crash Investigation** The investigation of a plane that nosedived into the Indian Ocean after leaving Singapore.

8.00 **Air Crash Investigation: Surviving Disaster** Investigating a collision between two aircraft that killed 21 passengers.

9.00 **Air Crash Investigation** How a pilot saved the day when he lost all the engines of the aircraft above the Gulf of Mexico.

10.00 **Inside Melbourne Airport** At Australia's busiest airport which operates 24/7, a blackout halts operations.

11.00 **Air Crash Investigation**
12.00 M'T **Trafficked with Mariana Van Zeller** Documentary.
1.00 AM **To Catch a Smuggler**
2.00 **Made in a Day**
2.30 **Bid & Destroy** Double bill.
3.20 **Food Factory** Double bill.
4.10 **to 5.00** AM **Secrets of the Zoo: Keeper Tales**

+1hour 229/230 383

Sky History

123/124 115/116 131 353 368

6.00 AM **Swamp People: Serpent Invasion** Documentary.
6.55 **Storage Hunters**
7.50 **American Pickers**
8.45 **Pawn Stars** Double bill.
10.10 **Storage Wars** Four editions.
12.00 NOON **The UnBelievable with Dan Aykroyd**
1.00 PM **Bradley Walsh: Egypt's Cosmic Code**
2.00 **Egypt's Unexplained Files**
3.00 **The Abyss: Rise & Fall of the Nazis** Double bill of editions.
5.00 **Storage Hunters** Double bill.
6.00 **American Pickers**

10.00 Ancient Aliens Special...

7.00 **Forged in Fire** Two smiths advance to the final round where they must recreate a pair of Indian Bagh Nakh weapons.

8.00 **Egypt's Unexplained Files** Science reveals new insights into belief and superstition in the land of the pharaohs.

9.00 **Bradley Walsh: Egypt's Cosmic Code** Visiting the monuments of Ancient Egypt to understand how such wonders were built.

10.00 **Ancient Aliens Special Presentation** New edition How extraterrestrials may have influenced or interacted with the United States.

12.00 M'T **Haunted Hospitals** A malicious entity attacks a nursing assistant.
12.55 AM **The UnBelievable with Dan Aykroyd** Vengeance seekers who went too far.
1.50 **Ancient Aliens Special Presentation** As 10.00pm.
3.40 **Pawn Stars** Documentary.
4.25 **to 6.00** AM **Storage Wars**

U&Yesterday

155 133/161 129 27 159 27

6.10 AM **Great British Railway Journeys** Four editions.
8.00 **Bangers & Cash**
10.00 **Auschwitz: The Nazis and the Final Solution**
11.00 **Adolf Hitler's War**
12.00 NOON **Antiques Roadshow**
2.00 PM **Bangers & Cash: Restoring Classics**
4.00 **Auschwitz: The Nazis and the Final Solution**
5.00 **Adolf Hitler's War**
6.00 **Antiques Roadshow** The team revisit Liverpool Metropolitan Cathedral.

6.00 Antiques Roadshow

7.00 **Tropic of Cancer with Simon Reeve** Simon travels through Western Sahara, Mauritania, Algeria and Libya.

8.00 **'Allo 'Allo!** The war draws to a close.
8.40 **One Foot in the Grave** Victor Meldrew faces an uncertain future after being forced into early retirement. **9.20** Margaret tries to take Victor's mind off his depressing situation.

10.00 **Bangers & Cash: Restoring Classics** The team fly the flag for King and country with a 1981 Rolls-Royce Silver Spirit.

11.00 **Bangers & Cash** An Argentinian Army Mercedes G wagon arrives at the auction.
12.00 M'T **Find It, Fix It, Flog It** Items include stained glass and a Victorian hay rack.
1.00 AM **Abandoned Engineering**
2.00 **to 3.00** AM **Great Continental and Indian Railway Journeys**

+1hour 255 329

Friday

7 PM
8 PM
9 PM
10 PM

Quest

144 149 137 12 144 17

6.00 AM **Find It, Fix It, Flog It**
7.00 **Ant Anstead Master Mechanic** Four editions.
9.00 **American Pickers**
10.00 **Aussie Gold Hunters**
12.00 NOON **Outback Opal Hunters** Double bill.
2.00 PM **The Repair Shop**
3.00 **Shed and Buried: Classic Cars**
4.00 **Find It, Fix It, Flog It**
6.00 **Wheeler Dealers**
7.00 **Cycling: Vuelta a España** The 19th stage.
8.00 **Shed and Buried**
9.00 **The Repair Shop** The team restore a soft toy owl, a miniature piano and a wall clock. **10.00** Restoring motorbike saddle bags.
11.00 **How Do They Do It?**
1.00 AM **Richard Hammond's Workshop**
3.00 **Find It, Fix It, Flog It**
4.00 **to 5.00** AM **How It's Made**

+1hr 244 337 70 151 258

Quest Red

149 151 168 40 146 34

6.00 AM **Say Yes to the Dress: UK** Double bill.
7.00 **Curvy Brides Boutique**
8.00 **Say Yes to the Dress: Lancashire**
9.00 **Say Yes to the Dress: UK** Double bill.
10.00 **Say Yes to the Dress**
11.00 **Judge Rinder's...**
12.00 NOON **Married to Evil**
1.00 PM **American Detective**
2.00 **Murder on CCTV**
3.00 **A Killer's Mistake**
4.00 **American Monster**
6.00 **The Murder Tapes**
7.00 **Judge Rinder's Crime Stories**
8.00 **Murder on CCTV**
9.00 **NEW SERIES A Killer Among Friends**
10.00 **Mean Girl Murders**
11.00 **Murder on CCTV**
12.00 M'T **Faking It: Tears of a Crime** Double bill.
2.00 AM **Murder Comes to Town** George Jodoin.
3.00 **to 4.00** AM **FBI Files**

+1hour 249 152

True Crime

146 155 148 67 135 37

9.00 AM **Judge Judy**
1.00 PM **Judge Judy**
7.00 **Fraud Squad** A scam artist fakes disability to claim thousands of pounds.
8.00 **Killers: Caught on Camera** CCTV and GPS exposed Kaitlin Armstrong for Mo Wilson's murder.
9.00 **Bloodline Detectives** How DNA technology revealed who killed a woman in 1980. **10.00** A series of brutal and terrifying sexual assaults occur across northern Utah.
11.00 **Britain's Countryside Killers** Emma Caldwell.
12.00 M'T **Cold Cases Reopened** True-crime.
1.00 AM **Bloodline Detectives** Double bill.
3.00 **Killers: Caught on Camera** As 8.00pm.
4.00 **to 6.00** AM **Judge Judy**

+1hour 246 348 136

True Crime Xtra

147 157 172 68 134 50

9.00 AM **The Truth About My Murder** Double bill.
11.00 **Facing Evil** Double bill.
12.00 NOON **Medical Detectives** Four editions.
2.00 PM **The Truth About My Murder** Double bill.
4.00 **Facing Evil** Double bill.
5.00 **Medical Detectives** The investigation of a hit-and-run incident, in which a child was killed, leads to a convincing video reconstruction. **5.30** A woman is found shot dead in her own home. **6.00** A mother is abducted from a petrol station and later found stabbed to death. **6.30** Investigating how the wife of a Marine is charged with murder.
7.00 **Judge Judy** Real-life small-claims cases.
12.05 AM **Judge Judy**
4.45 **to 6.00** AM **Medical Detectives**

Sky Crime

122/123 110/111 121 349 364

6.00 AM **Road Wars**
7.00 **Stop, Search, Seize**
8.00 **The Force: Manchester**
9.00 **Caught on Dashcam**
10.00 **The Real Manhunter**
11.00 **Snapped** Documentary.
12.00 NOON **Murdered at First Sight** Ron Browning.
1.00 PM **Britain's Most Evil Killers** Tracie Andrews.
2.00 **Killer in My Village**
3.00 **What the Killer Did Next** Sabina Nessa.
4.00 **World's Most Evil Killers**
5.00 **Murdered at First Sight**
6.00 **Killer in My Village**
7.00 **Britain's Most Evil Killers**
8.00 **World's Most Evil Killers**
9.00 **The Disappearance of Susan Cox Powell**
12.20 AM **Murder Uncut**
1.15 **How I Caught the Killer**
2.10 **Killer in My Village**
3.05 **Snapped** Irenia Cotner.
4.00 **Border Security**
5.00 **to 6.00** AM **Motorway Patrol**

+1hour 222/223 321

PBS America

173 170 187 84 155 49

8.00 AM **America the Bountiful** In Minnesota.
8.35 **My Grandparents' War**
9.40 **Thirties in Colour: Countdown to War**
10.40 **Hunting the KGB Killers**
11.55 **Lost World of Angkor Wat** Documentary.
1.00 PM **The Massacre That Shook the Empire**
2.05 **My Grandparents' War**
3.05 **Thirties in Colour: Countdown to War**
4.10 **Hunting the KGB Killers**
5.20 **Lost World of Angkor...**
6.30 **My Grandparents' War**
7.35 **Thirties in Colour: Countdown to War**
8.35 **Hunting the KGB Killers**
9.50 **Lost World of Angkor Wat** The team uncover one of the world's largest ancient water systems.
11.00 **Thirties in Colour: Countdown to War**
12.00 M'T **Hunting the KGB Killers** Documentary.
1.15 **to 2.00** AM **America the Bountiful**

FRIDAY

Friday

Sky Documentaries

121/122 111/112 188 352 367

6.00 AM **The Last Movie Stars**
7.00 **Discovering: John Malkovich**
8.00 **The Directors**
9.00 **The Eighties**
10.00 **David Frost Vs**
11.00 **The Jinx: The Life and Deaths of Robert Durst** As 8.00pm.
12.00 NOON **Pee-wee as Himself**
4.00 PM **Discovering: John Malkovich** Profile of the actor.
5.00 **The Directors**
6.00 **The Eighties**
7.00 **Death of a Showjumper** 1/3. The events surrounding the death of Katie Simpson.
8.00 **The Jinx: The Life and Deaths of Robert Durst** 5/6. Kathie Durst's family and friends search for the truth about her disappearance.
9.00 **Luther: Never Too Much** The life of iconic musical performer Luther Vandross.
11.00 **Becoming Madonna**
1.00 AM **Music Box**
3.00 **Look Away**
4.50 **My Icon: Pam Cookey**
5.00 **to 6.00** AM **Discovering: John Malkovich**

Sky Nature

145 113/114 189 354 369

6.00 AM **Animal Empires**
7.00 **Monkey Life**
8.00 **Africa's Wild Year**
9.00 **Living Beach**
10.00 **Volcanic Odysseys**
11.00 **Uptown Otters**
12.00 NOON **Wild Birds of Australia**
1.00 PM **Monkey Life**
2.00 **Africa's Wild Year**
3.00 **Living Beach**
4.00 **Volcanic Odysseys**
5.00 **Into the Wild: Colombia**
6.00 **Wild Birds of Australia**
7.00 **Monkey Life** Double bill.
8.00 **Animals Like Us** Meerkat pups show their determination to devour deadly scorpions.
9.00 **Deep Dive North America** Exploring North America's southern coastal waters.
10.00 **Wild Birds of Australia**
11.00 **Into the Wild: Colombia**
12.00 M'T **Uptown Otters**
1.00 AM **Animal Empires**
2.00 **Animals Like Us**
3.00 **Deep Dive North America**
4.00 **Africa's Wild Year**
5.00 **to 6.00** AM **Living Beach**

Sky History 2

163/168 143 186

6.00 AM **Life After People**
8.00 **History's Greatest Mysteries**
9.00 **Battle 360**
11.00 **Ancient Aliens**
1.00 PM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **Life After People**
6.00 **History's Greatest Mysteries** The missing mummy of Alexander the Great.
7.00 **Battle 360** Reconstructing the 1944 Battle of Leyte Gulf.
8.00 The actions of the Carrier Task Force in 1944.
9.00 **Forbidden History** Following the quest to find the tomb of Mary Magdalene.
10.00 Experts use forensic archaeology to investigate elongated skulls that may unlock the secrets of an advanced, lost civilisation.
11.00 **Ancient Aliens** Double bill.
1.00 AM **Craig Charles: UFO Conspiracies**
2.00 **Digging for Britain**
4.00 **History's Greatest Aircraft**
5.00 **to 6.00** AM **Dirty Old Cars**

Crime+Investigation

156 142 133

6.00 AM **Imperfect Murder**
7.00 **Homicide Hunter**
8.00 **Judge Rinder**
9.00 **Murdertown**
10.00 **Buried in the Backyard**
11.00 **Hometown Tragedy**
12.00 NOON **A Perfect Scam**
1.00 PM **Somebody's Hiding...**
2.00 **Judge Rinder**
3.00 **Cops Gone Bad with Will Mellor** Kashif Mahmood.
4.00 **Murdertown**
5.00 **When Missing Turns to Murder**
6.00 **Imperfect Murder**
7.00 **An Hour to Kill**
8.00 **Somebody's Hiding Something** New edition
A detective uses unorthodox tactics to win over a key witness.
9.00 **Court Cam** New editions
10.00 **Ozark Law**
11.00 **Cold Case UK**
12.00 M'T **Somebody's Hiding...**
1.00 AM **Court Cam**
3.00 **A Perfect Scam**
4.00 **When Missing Turns to Murder**
5.00 **to 6.00** AM **Buried in the...**

+1 hour 256 333

WILD

165 145/133 182

8.00 AM **Yukon Vet**
9.00 **Wild, Smart and Deadly**
10.00 **Monster Fish**
11.00 **Critter Fixers: Country Vets**
12.00 NOON **The Incredible Dr Pol**
1.00 PM **Yukon Vet**
2.00 **Russia's Wild Tiger**
3.00 **Savage Kingdom**
4.00 **Secrets of the Zoo: The Wild Side**
5.00 **The Incredible Dr Pol**
6.00 **Snakes in the City**
7.00 **Secrets of the Zoo**
8.00 **Killer Safari** New edition
An elephant charges through the bush with a lion dangling from its tusks, and male leopards engage in a turf war.
9.00 **Africa's Hidden Wonders** The continent's most mysterious landscapes, starting in Rwanda.
10.00 **Lawless Island**
11.00 **Ice Road Rescue**
12.00 M'T **Wild, Smart and Deadly**
1.00 AM **America's National Parks**
2.00 **The Incredible Dr Pol**
3.00 **Yukon Vet**
4.00 **to 5.00** AM **World's Deadliest**

Discovery History

174 147 181 320 325

7.00 AM **Concorde: The Final Flight**
8.00 **Salvage Hunters: Classic Cars**
9.00 **Combat Dealers**
10.00 **Blowing Up History**
12.00 NOON **Expedition Unknown**
2.00 PM **NASA's Unexplained Files**
3.00 **How the Universe Works**
4.00 **Expedition X**
5.00 **Mysteries at the Museum**
7.00 **How the Universe Works**
8.00 **Concorde: The Final Flight** The story of the supersonic plane's last flight from New York to London in October 2003. Featuring appearances by Maurice Saatchi and David Frost. Narrated by Bill Nighy.
9.00 **Ancient Unexplained Files** Exploring the secrets behind mysterious red skulls found in a 500-year-old grave.
10.00 **How Do They Do It?**
11.00 **World's Top 5**
12.00 M'T **Mysteries at the Museum**
2.00 AM **How the Universe Works**
3.00 **to 5.00** AM **Expedition Unknown**

+1 hour 274 381

U&Eden

166 134/162 176 57 160 142

9.00 AM **999 Rescue Squad**
1.00 PM **999 Rescue Squad**
7.00 **999 Rescue Squad** A woman fights for her life after being knifed by her former partner, while a teenager on her way to seeing two YouTube stars in a live appearance is felled by a falling tree.
8.00 Paramedic Kim climbs into a crushed car balanced over a fast-flowing river, while a man plunges from a bridge onto a busy railway line.
9.00 The Hazardous Area Response Team are called to help defuse a bomb found in Wakefield, and to rescue a BMX rider who fell and fractured his spine in woods near Leeds.
10.00 A suspected acid attack on the streets of Bradford leads to a busy shift for the crew.
11.00 The response team race to the rescue of a worker trapped in a collapsed trench.
12.00 M'T **999 Rescue Squad**
5.25 **to 6.00** AM **The Bill**

+1 hour 266 376

ID

154 141 166

8.00 AM **Web of Lies**
9.00 **American Detective with Lt Joe Kenda** Double bill.
11.00 **American Monster**
12.00 NOON **Disappeared**
1.00 PM **People Magazine Investigates** Double bill.
3.00 **American Monster**
4.00 **Disappeared**
5.00 **The Killer in My Family**
7.00 **Deadline: Crime with Tamron Hall** A mother from Texas who suddenly dropped out of contact.
8.00 A case in which a man disappeared on a job at a paper mill. No one would talk to detectives, leading them to wonder the reasons why.
9.00 **On the Case with Paula Zahn** A neighbourhood garage sale ends in a hail of gunfire.
10.00 **People Magazine Investigates**
12.00 M'T **Grave Secrets**
1.00 AM **Murder Among Friends**
2.00 **The Killer in My Family**
4.00 **to 6.00** AM **Deadline: Crime with Tamron Hall**

+1 hour 254 366

Discovery Turbo

161/172 146 180 320 325

6.00 AM **Massive Engineering Mistakes** In Canada, a tragedy strikes a busy shopping centre.
7.00 **Texas Metal**
8.00 **Motor Pickers**
9.00 **Kindig Customs**
10.00 **Salvage Hunters: Classic Cars**
11.00 **Shed and Buried**
12.00 NOON **Shed and Buried: Classic Cars** A Daimler Ferret.
1.00 PM **Junkyard Empire**
2.00 **Wheeler Dealers**
3.00 **Kindig Customs**
4.00 **Shorty's Dream Shop**
5.00 **Salvage Hunters: Classic Cars**
6.00 **Motor Pickers**
7.00 **Shed and Buried**
8.00 **Shorty's Dream Shop**
9.00 **Richard Hammond's Workshop**
10.00 **British Superbikes**
11.00 **Shed and Buried**
12.00 M'T **Shorty's Dream Shop**
1.00 AM **Shed and Buried: Classic Cars** A Daimler Ferret.
2.00 **Iron Resurrection**
3.00 **Wheeler Dealers: Dream Car**
4.00 **to 5.00** AM **Wrench'd**

+1 hour 261/272

Films

Sky Cinema Premiere

301 301 401 501 515

6.05 AM **The Surfer** As 4.40pm.
7.50 **The Mountain** Comedy. (2024, PG, 89min) ★★★★
9.25 **Restless** As 6.25pm.
11.00 PREMIERE **Nosferatu** (2024)
1.15 PM **Amongst the Wolves**
3.00 **One of Them Days** Comedy. (2025, 15, 97min) ★★★
4.40 **The Surfer** Psychological thriller starring Nicolas Cage. (2024, 15, 100min) ★★★★
6.25 **Restless** Thriller with Lyndsey Marshal. (2024, 15, 89min) ★★

8.00 Nosferatu

8.00 PREMIERE Nosferatu Horror starring Bill Skarsgård and Lily-Rose Depp. A troubled woman forms a telepathic bond with a mysterious count. With Nicholas Hoult, Aaron Taylor-Johnson and Willem Dafoe. (2024, 15, 132min) ★★★★
See review, page 22.
SEX ●●● VIOLENCE ●●● LANG ●●●

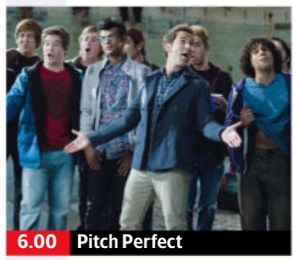
10.15 Amongst the Wolves Thriller starring Luke McQuillan. An ex-soldier meets a teen fleeing a gang, an encounter which forces them to confront their pasts while navigating present realities. (2024, 15, 102min)

12.05 AM **The Lord of the Rings: The War of the Rohirrim** Animated fantasy adventure. (2024, 12, 134min) ★★★★
2.25 **William Tell** Historical drama. (2025, 15, 133min) ★★★
4.45 **to 6.00** AM **The Prosecutor** Thriller. (2024, 15, 117min)

Sky Cinema Gems

303 303 403 503 517

6.15 AM **Baywatch** (2017, 15) ★★
8.15 **Bad Teacher** Comedy. (2011, 15, 92min) ★★★
10.00 **Grease** Smash-hit musical. (1978, PG, 110min) ★★★★
12.00 NOON **Madame Web** Fantasy. (2024, 12, 116min) ★★★
2.00 PM **Anyone But You** Comedy. (2023, 15, 103min) ★★★★
4.00 **Miss Congeniality 2: Armed and Fabulous** (2005, 12) ★★
6.00 **Pitch Perfect** Musical comedy. (2012, 12, 112min) ★★★★



6.00 Pitch Perfect

8.00 Pitch Perfect 2 Comedy sequel starring Anna Kendrick. The Barden Bellas try to recover from a disastrous performance by winning the World Championships of A Cappella. With Rebel Wilson and Brittany Snow. (2015, 12, 112min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.00 Pitch Perfect 3 Comedy sequel starring Anna Kendrick. Following their win at the world championship, the Bellas reunite for one last singing competition at an overseas tour. (2017, 12, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.40 **The Great Escape** Classic PoW escape adventure. (1963, PG, 166min) ★★★★★
2.45 AM **Mob Land** Crime thriller. (2023, 15, 111min) ★★★
4.45 **to 6.45** AM **Dorian Gray** Gothic horror drama. (2009, 15, 112min) ★★★

Sky Cinema Drama

310 310 410 510 524

6.50 AM **The Color Purple** (2023)
9.25 **Freud's Last Session** Drama. (2023, 12, 109min) ★★
11.25 **Parachute** As 1.05am.
1.25 PM **Nobody's Fool** Comedy drama starring Paul Newman. (1994, 15, 111min) ★★★★
3.25 **Bob Marley: One Love** Biopic. (2023, 12, 104min) ★★★
5.25 **The Color Purple** Musical drama. (2023, 12, 141min) ★★★

8.00 Meet Joe Black Supernatural romantic drama, a remake of *Death Takes a Holiday*, starring Brad Pitt, Anthony Hopkins and Claire Forlani. Death comes to Earth and experiences love after giving a temporary reprieve to a media tycoon. (1998, 12, 181min) ★★★★
11.00 **Saturday Night Fever** Dance drama starring John Travolta as a working-class Brooklyn youth who is the dance king of his local disco. (1977, 18, 119min) ★★★★

1.05 AM **Parachute** Comedy drama starring Courtney Eaton. (2023, 15, 108min) ★★★★
2.55 **Nobody's Fool** As 1.25pm.
5.00 **to 7.00** AM **I Used to Be Funny** Dark comedy drama starring Rachel Sennott. (2023, 15, 105min) ★★★

Sky Cinema Sci-fi/Horror

311 311 411 511 525

7.10 AM **Arcadian** Horror thriller. (2024, 15, 92min) ★★★★
8.55 **10 Cloverfield Lane** Thriller. (2016, 12, 103min) ★★★★
10.45 **Timestalker** Fantasy comedy. (2024, 15, 89min) ★★★★
12.20 PM **A.I. Artificial Intelligence**
2.50 **The Nun** Horror starring Taissa Farmiga. (2018, 15, 96min) ★★★
4.35 **A Quiet Place** Horror thriller. (2018, 15, 90min) ★★★★

6.15 A Quiet Place: Day One Horror prequel starring Lupita Nyong'o. (2024, 15, 100min) ★★★★
8.00 Gravity Space thriller starring Sandra Bullock and George Clooney. A novice astronaut becomes stranded in space during her first NASA mission. (2013, 12, 91min) ★★★★★
9.40 **A.I. Artificial Intelligence** Steven Spielberg's sci-fi fantasy starring Haley Joel Osment, Frances O'Connor and Jude Law. (2001, 12, 145min) ★★★★

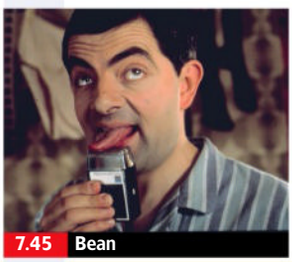
12.10 AM **Insidious** Supernatural thriller. (2010, 15, 103min) ★★★★
1.55 **Insidious: Chapter 2** Thriller sequel. (2013, 15, 103min) ★★★
3.45 **Videodrome** Sci-fi thriller. (1982, 18, 88min) ★★★★
5.25 **to 7.35** AM **Riddick** Thriller sequel. (2013, 15, 122min) ★★★

★★★★★ Excellent ★★★★ Very Good ★★★ Good ★★ Average ★ Poor

Sky Cinema Family

306 306 406 506 519

6.00 AM **Twist** (2021, 12) ★★★★
7.40 **Ride On** (2023, PG) ★★★
9.55 **Thunderbirds** Adventure. (2004, PG, 95min) ★★
11.45 **The Three Musketeers: Milady** Adventure sequel. (2023, 12, 115min) ★★★★
1.50 PM **Wicked** Musical fantasy. (2024, PG, 160min) ★★★★
4.30 **Johnny English** Comedy. (2002, PG, 88min) ★★★
6.00 **Johnny English Reborn** Comedy. (2011, PG) ★★★



7.45 **Bean** Big-screen spin-off from the TV comedy, starring Rowan Atkinson. Mr Bean is sent to LA to retrieve a famous painting. (1997, PG, 90min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.20 **The Flintstones** Comedy based on the cartoon series set in the Stone Age town of Bedrock, starring John Goodman and Rick Moranis. (1994, U, 93min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

10.55 **The Flintstones in Viva Rock Vegas** Prehistoric comedy prequel. (2000, PG, 91min) ★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.30 AM **Bookworm** Comedy. (2024, 12, 103min) ★★★★
2.20 **My Penguin Friend** Drama. (2024, PG, 98min) ★★★★
4.05 **Look Who's Talking Now** Comedy sequel. (1993, 12) ★
5.45 **to 7.30** AM **The Nutty Professor** Comedy remake. (1996, 12, 95min) ★★★

Sky Cinema Spider-Man

307 307 407 507 521

6.00 AM **Spider-Man** As 5.20pm.
8.05 **Spider-Man 2** As 7.25pm.
10.15 **Spider-Man 3** As 9.35pm.
12.35 PM **The Amazing Spider-Man**
2.55 **The Amazing Spider-Man 2** Fantasy adventure sequel. (2014, 12, 142min) ★★★
5.20 **Spider-Man** Fantasy adventure. (2002, 12, 121min) ★★★★
7.25 **Spider-Man 2** Fantasy adventure sequel with Tobey Maguire and Kirsten Dunst. (2004, PG, 127min) ★★★★

Spider-Man 2 (film started at 7.25pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.35 **Spider-Man 3** Fantasy adventure sequel starring Tobey Maguire. A mysterious substance turns Spider-Man's suit jet-black and brings out a dark side to his personality. He must conquer his inner demons before he can defeat two new adversaries. With Kirsten Dunst, James Franco and Topher Grace. (2007, 12, 139min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.55 **The Amazing Spider-Man** Fantasy adventure starring Andrew Garfield, Emma Stone, Rhys Ifans and Denis Leary. (2012, 12, 136min) ★★★
2.15 AM **The Amazing Spider-Man 2** As 2.55pm.
4.40 **to 6.45** AM **Spider-Man**

Sky Cinema Comedy

308 308 408 508 522

6.25 AM **The Holdovers** Comedy drama. (2023, 15) ★★★★★
8.50 **Hope Springs** (2012, 12) ★★★
10.45 **Horrible Bosses** Comedy. (2011, 15, 93min) ★★★
12.30 PM **Seven Psychopaths** Dark comedy. (2012, 15) ★★★★
2.30 **Brewster's Millions** Comedy. (1985, PG, 97min) ★★★
4.20 **You, Me and Dupree** Comedy. (2006, 12, 109min) ★★★
6.10 **Pixels** Sci-fi action comedy. (2015, 12, 105min) ★★

8.00 **The Nutty Professor** Comedy starring Eddie Murphy as a shy, obese college professor who is transformed into a slim, sharp-tongued ladykiller. With Jada Pinkett. (1996, 12, 95min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

9.40 **Nutty Professor II: The Klumps** Comedy sequel starring Eddie Murphy and Janet Jackson. Overweight college professor Sherman Klump decides to rid himself of his troublesome alter ego. (2000, 12, 105min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.35 **The Book of Clarence** Biblical comedy with LaKeith Stanfield. (2023, 15, 129min) ★★★
1.50 AM **Multiplicity** Fantasy comedy with Michael Keaton. (1996, 12, 117min) ★★★
4.00 **The Cinema List: The 90s**
4.30 **to 6.20** AM **The Men Who Stare at Goats** Comedy. (2009, 15, 89min) ★★★

Sky Cinema Thriller

309 309 409 509 523

6.05 AM **The Thicket** As 4.10pm.
8.00 **Gloria** As shown at 12.25am.
10.05 **Greedy People** Comedy. (2024, 15, 113min) ★★★★
12.10 PM **The Beekeeper** Thriller. (2023, 15, 105min) ★★★
2.05 **Split** Psychological thriller. (2016, 15, 117min) ★★★
4.10 **The Thicket** Western. (2024, 15, 108min) ★★★
6.05 **Fight or Flight** Action thriller starring Josh Hartnett. (2025, 15, 98min) ★★★

8.00 **The Accountant** Thriller starring Ben Affleck and Anna Kendrick. A man with autism moonlights as a money launderer for the Mob, but the Treasury Department soon closes in. With Jon Bernthal, JK Simmons and John Lithgow. (2016, 15, 123min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

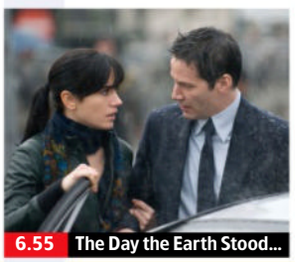
10.15 **American Gigolo** Thriller starring Richard Gere and Lauren Hutton. A highly paid Beverly Hills gigolo is framed for murder. (1980, 18, 117min) ★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

12.25 AM **Gloria** Crime thriller starring Gena Rowlands. (1980, 15, 121min) ★★★★
2.40 **Lawless** Crime drama starring Shia LaBeouf and Tom Hardy. (2012, 18, 111min) ★★★★
4.45 **Sky Cinema Preview**
5.40 **to 7.45** AM **Escape from Alcatraz** Fact-based drama. (1979, 15, 112min) ★★★★

Film4

313 312 428 14 300 14

■ **Films start at 11.00am**
11.00 AM **The Sound Barrier** Drama. (1952, b/w, U, 109min) ★★★★
1.20 PM **Against the Wind** Thriller. (1947, b/w, PG, 92min) ★★★★
3.15 **The Mouse That Roared** Comedy. (1959, U) ★★★★
4.55 **The Fallen Idol** Drama. (1948, b/w, PG, 91min) ★★★
6.55 **The Day the Earth Stood Still** Sci-fi thriller remake starring Keanu Reeves. (2008, 12, 104min) ★★



The Day the Earth Stood Still (film started at 6.55pm)
SEX ●●● VIOLENCE ●●● LANG ●●●

9.00 **Free Guy** Adventure comedy starring Ryan Reynolds. A bank employee discovers that he is a non-playable character inside a massive open world video game. With Jodie Comer and Taika Waititi. (2020, 12, 110min) ★★★★
SEX ●●● VIOLENCE ●●● LANG ●●●

11.15 **Overlord** Thriller starring Jovan Adepo. US soldiers on a mission hours before D-Day stumble across a mysterious Nazi lab where bloodthirsty enemies are waiting for them. (2018, 18, 110min) ★★★★
1.25 **to 3.40** AM **Flag Day** Crime drama directed by and starring Sean Penn, with Dylan Penn. (2021, 15, 109min) ★★★

+1hour 314 430 47 301 257

8 PM
9 PM
10 PM
11 PM

Sky Cinema 00s

302 302 402 502 516

6.35 AM **Ocean's Eleven** As 6pm.
8.35 **Terminator Salvation** As 8pm.
10.35 **There Will Be Blood** Drama. (2007, 15, 158min) ★★★★★
1.15 PM **300** Epic adventure. (2006, 15, 116min) ★★★★
3.15 **Troy** Epic drama inspired by *The Iliad*. (2004, 15, 163min) ★★★
6.00 **Ocean's Eleven** Caper thriller starring George Clooney. (2001, 12, 116min) ★★★★

8.00 **Terminator Salvation** Sci-fi thriller sequel starring Christian Bale, Sam Worthington and Anton Yelchin. In 2018, resistance hero John Connor leads the fight back against the killer robots. (2009, 12, 110min) ★★★
10.00 **Snatch** Guy Ritchie's crime comedy starring Jason Statham, Benicio Del Toro and Brad Pitt. A group of small-time British crooks plan to steal a diamond from an American mobster. (2000, 18, 102min) ★★★★

11.45 **Indiana Jones and the Kingdom of the Crystal Skull** Steven Spielberg's adventure. (2008, 12, 122min) ★★★
1.50 AM **King Kong** Monster movie. (2005, 12, 187min) ★★★★
4.55 **to 6.30** AM **Zombieland** Horror comedy. (2009, 15) ★★★★

Sky Cinema Greats

304 304 404 504 518

6.30 AM **Last Action Hero** Fantasy. (1993, 15, 130min) ★★★
8.45 **Parenthood** As 3.50pm.
10.55 **HouseSitter** Romantic comedy. (1992, PG, 102min) ★★★
12.40 PM **Ace Ventura Pet Detective** Comedy starring Jim Carrey. (1993, 12, 86min) ★★★★
2.10 **Ace Ventura: When Nature Calls** Comedy sequel with Jim Carrey. (1995, PG, 89min) ★★★

3.50 **Parenthood** Comedy drama. (1989, 15, 124min) ★★★★
6.00 **Beverly Hills Cop** Comedy thriller starring Eddie Murphy. (1984, 15, 105min) ★★★★
8.00 **Beverly Hills Cop II** Comedy thriller sequel starring Eddie Murphy as detective Axel Foley on the trail of a gang led by a six-foot blonde. With Brigitte Nielsen. (1987, 15, 99min) ★★★
10.00 **Beverly Hills Cop 3** Comedy thriller sequel starring Eddie Murphy. (1994, 15, 104min) ★★

11.50 **Midnight Express** Prison drama. (1978, 18, 120min) ★★★★
2.00 AM **Saturday Night Fever** Dance drama with John Travolta. (1977, 18, 119min) ★★★★
4.10 **Sky Cinema Preview**
4.55 **to 6.55** AM **Shane** Western. (1953, PG, 118min) ★★★★★

Sky Cinema Animation

305 305 412 500 514

6.25 AM **Lego DC Comics Super Heroes: Justice League vs Bizarro League** (2015, U) ★★★
7.25 **The Wild Thornberrys Movie** Animation. (2002, U) ★★★★
9.05 **Shrek the Third** Animated sequel. (2007, U, 88min) ★★★★
10.50 **Rock Dog 2: Rock Around the Park** Animation. (2021, U) ★★
12.30 PM **Despicable Me** Animation. (2010, U, 94min) ★★★★

2.15 **Despicable Me 2** Animated sequel. (2013, U, 97min) ★★★
4.00 **Home** Animated adventure. (2014, U, 94min) ★★★
5.40 **Trolls** Animated musical. (2016, U, 92min) ★★★
7.20 **Penguins of Madagascar** Animation. (2014, U) ★★★★
9.00 **The Swan Princess: The Secret of the Castle** (1997, U) ★★
10.20 **Open Season: Scared Silly** Animation. (2015, PG) ★★★
11.55 **Batman Unlimited: Monster Mayhem** (2015, PG) ★★★

1.25 AM **Tom and Jerry Cowboy Up!** Animation. (2021, U) ★★★
2.50 **The Rugrats Movie** Animated comedy. (1998, U, 80min) ★★★
4.20 **Rugrats Go Wild** Animated comedy. (2003, U, 81min) ★★★
5.50 **to 7.30** AM **The Ogglies** Animation. (2021, PG) ★★★

Movies 24

312 313 419

7.00 AM **Romantic Rewrite** Comedy drama. (2022, PG, 82min) ★★
9.00 **The Engagement Back-Up** Comedy. (2022, PG, 91min) ★★
11.00 **Two Tickets to Paradise** Drama. (2022, PG, 84min) ★★
1.00 PM **Aloha Heart** Romantic drama. (2023, PG, 120min) ★★
3.00 **Moriah's Lighthouse** Romantic comedy starring Rachelle Lefevre. (2022, PG, 84min) ★★

5.00 **A Match In Manhattan** Drama. (2024, PG, 90min) ★★
7.00 **An Unexpected Valentine** Romantic comedy with Lacey Chabert. (2025, PG, 84min) ★★
9.00 **The Heiress and the Handyman** Romantic comedy starring Jodie Sweetin and Corey Sevier. A handyman and his sister help an heiress who has lost her fortune to make a fresh start. (2024, PG, 84min) ★★
11.00 **The Royal We** Romantic comedy. (2025, PG, 84min) ★★

1.00 AM **A Bridesmaid in Love** Romantic comedy drama. (2022, PG, 87min) ★★
3.00 **to 5.00** AM **Savoring Paris** Romance starring Bethany Joy Lenz. (2024, PG, 90min) ★★

Movies 24+ 315 314 420

Talking Pictures

328 445 82 306 36

6.00 AM **Look at Life**
6.15 **Life with Father** Comedy. (1947, U, 118min) ★★★
8.30 **Out of Town**
9.00 **Stranger in Town** Crime drama. (1957, b/w, U, 74min) ★★★
10.30 **Police Dog** Crime thriller. (1955, b/w, U, 70min) ★★
12.00 NOON **Dixon of Dock Green**
12.40 PM **No Trace** Crime thriller. (1950, b/w, PG, 79min) ★★

2.10 **The Danziger Studios Story**
3.15 **A Good Read: Sherlock Holmes**
4.15 **Highly Dangerous** Comedy spy thriller. (1950, b/w, U, 85min) ★★
6.00 **Glimpses: Tre, Pol & Pen**
6.15 **Crooks in Cloisters** Crime caper. (1963, U, 97min) ★★★
8.15 **Look at Life**
8.25 **Strange But True**
9.00 **Cellar Club with Caroline Munro**
9.05 **Doomwatch** 4/13. (S2)
10.05 **Cellar Club with Caroline Munro**
10.10 **The Vampires' Night Orgy** Horror. (1973, 15, 80min) ★★★

11.50 **Cellar Club with Caroline Munro**
11.55 **The Black Hole** Sci-fi adventure. (1979, PG, 97min) ★★★
1.50 AM **Live It Up** Comedy. (1963, U, 78min) ★★★
3.15 **Into the Blue** Feature-length thriller starring John Thaw.
5.25 **to 6.00** AM **Sounds for Silents**

FRIDAY Sport 12 September

Sky Sports Main Event

401 401 511 501 419 439

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.30 **LIVE DP World Tour Golf** Day two of the PGA Championship from Wentworth Club in Surrey.
6.00 PM **Premier League Friday**
7.00 **Sports Centre**
7.30 **LIVE EFL Ipswich Town v Sheffield United.** Coverage of the Championship match staged at Portman Road. This will be the first meeting between these teams since the 2018/19 season, which saw the Blades take four points from those two encounters and featured a 1-1 draw on this ground. Kick-off **8.00pm**.
10.30 **Back Pages Tonight**
11.00 **LIVE PGA Tour Golf** Coverage of the second day of the Procore Championship at Silverado Country Club in Napa, California.
2.00 AM **LIVE WTA Tennis** The fifth day of the Guadalajara Open at Panamerican Tennis Center.
5.00 **Rugby Greatest Games**
5.05 **to 7.35** AM **LIVE The Rugby Championship Australia v Argentina.** The match from the fourth round of fixtures at Allianz Stadium. Kick-off **5.00am**.

Sky Sports Premier League

402 402 512 502 420 440

6.00 AM **PL Greatest Games**
7.00 **Premier League Legends**
8.00 **Premier League 100 Club**
9.00 **Premier League Icons**
10.00 **Sky Sports FC**
12.00 NOON **Total Football**
5.00 PM **Premier League Friday** Roman Kemp presents a guide to the English top-flight.
7.00 **LIVE WSL West Ham United v Arsenal.** Coverage of the top-flight match at Victoria Road in Dagenham. Arsenal claimed all six points in the two WSL fixtures between the sides last season, including a thrilling 4-3 victory at Meadow Park. Kick-off **7.30pm**.
10.00 **Premier League Preview** A look ahead to the weekend's matches.
10.30 **Fantasy Show** Experts join Kelly Somers in the studio to offer Fantasy Premier League advice.
11.00 **Premier League Stories**
11.30 **The Big Interview**
12.00 M'T **Premier League Preview**
12.30 AM **Fantasy Show**
1.00 **PL Retro** A replay of Manchester United v Arsenal from 2002.
3.00 **PL Greatest Games**
4.00 **to 6.00** AM **Premier League Best Goals**

Sky Sports Football

403 403 513 503 421 441

6.00 AM **Jimmy Glass: Great Escape**
6.30 **EFL Rivalries** Triple bill.
8.00 **EFL Greatest Games**
10.00 **EFL Cup Highlights** Chelsea v Liverpool in the 2023/24 final.
11.00 **Best Goals: EFL Cup 23/24**
11.30 **EFL Trophy Football**
12.00 NOON **SWPL** Celtic v Rangers.
12.30 PM **WSL** Highlights from Chelsea v Manchester City.
1.00 **EFL Highlights** Recent action.
3.00 **SWPL** Celtic v Rangers.
3.30 **WSL** Liverpool v Everton.
4.00 Chelsea v Manchester City.
4.30 **SPFL Highlights** Rangers v Celtic.
5.00 **EFL Greatest Games**
5.30 **EFL Highlights** Sheffield Wednesday v Swansea City.
5.45 Watford v Southampton.
6.00 **Scottish Football VAR Review**
6.30 **WSL** Liverpool v Everton.
7.00 **EFL Highlights** Recent action.
7.30 **LIVE EFL Ipswich Town v Sheffield United.** Coverage of the Championship match from Portman Road. Kick-off **8.00pm**.
10.30 **Scottish Football VAR Review**
11.00 **EFL Greatest Games**
12.00 M'T **EFL** The 2017/18 play-offs.
3.00 AM **EFL Greatest Games**
4.00 **to 6.00** AM **Championship Retro**

Sky Sports Cricket

405 405 514 504 422 442

6.00 AM **One-Day International Cricket** England v South Africa.
8.00 **Best of England v South Africa**
9.00 **One-Day International Cricket**
12.00 NOON **International T20 Cricket** England v South Africa.
4.30 PM **Best of England v South Africa** Classic matches.
5.00 **One-Day International Cricket** England v South Africa.
6.00 **LIVE International T20 Cricket England v South Africa.** Coverage of the second Twenty20 in the three-match series at Emirates Old Trafford. There has only ever been one T20 match scheduled to take place on this ground between these teams, but that contest in September 2012 was hampered by heavy rain and produced no result after being reduced to nine overs per innings, but even that not being able to reach a conclusion.
10.30 **Best of England v South Africa**
11.00 **One-Day International Cricket**
12.00 M'T **Best of England v South Africa** Classic matches.
1.00 AM **International T20 Cricket**
5.30 **to 6.00** AM **Best of England v South Africa**

Sky Sports Golf

406 406 515 505 423 443

6.00 AM **PGA Tour Champions Learning Centre** Golf tips.
6.30 **PGA Tour Champions**
7.30 **Challenge Tour Golf Highlights**
8.00 **Countdown to the Ryder Cup**
8.30 **LIVE DP World Tour Golf** Day two of the PGA Championship at Wentworth Club in Surrey. Tyrrell Hatton was the last British player to win this event when he claimed the title in 2020.
6.00 PM **LIVE LPGA Tour Golf** Coverage of the second day of the Queen City Championship staged at TPC River's Bend in Ohio.
9.00 **LIVE PGA Tour Golf** Coverage of day two of the Procore Championship from Silverado Country Club in Napa, California.
2.00 AM **Ladies European Tour Golf**
3.00 **DP World Tour Golf**
4.00 **Countdown to the Ryder Cup**
4.30 **Golf Academy** With Mel Reid.
5.00 **to 6.00** AM **Ryder Cup Memories**

Sky Sports Tennis

408 408 537 520 425 445

6.00 AM **ATP Tennis** Canadian Open.
7.00 **WTA Tennis** Canadian Open.
8.00 **US Open Tennis** Review.
9.00 **WTA Tennis** Tour highlights.
1.00 PM **ATP Tour This Week**
1.30 **WTA All Access**
2.00 **US Open Tennis** Review.
3.00 **WTA Tennis** Tour highlights.
5.00 **LIVE WTA Tennis** Coverage of day five of the São Paulo Open from Parque Villa-Lobos in Brazil.
9.00 **LIVE WTA Tennis** The São Paulo Open and Guadalajara Open.
1.30 AM **LIVE WTA Tennis** The fifth day of the Guadalajara Open.
5.00 **to 6.00** AM **Tennis**

TNT Sports 1

410 413 521 408 430

6.00 AM **La Vuelta Men** Stage 18.
7.00 **Onboard** Ocean Race Europe.
7.30 **Premier League: Big Interview**
8.00 **Premier League Stories**
8.30 **Ultimate Pool** Pairs Cup.
10.00 **LIVE AFL** The second semi-final.
1.00 PM **Inside Serie A**
1.30 **LIVE Cycling: La Vuelta Men** Coverage of stage 19, a 161.9km route from Rueda to Guijuelo.
5.00 **The Fantasy Show**
5.30 **Sign Up – Into Football**
6.15 **In My Blood** With Cole Palmer.
6.30 **Premier League Preview**
7.00 **LIVE PREM Rugby Cup Newcastle Red Bulls v Harlequins.** The Pool B match at Kingston Park. Kick-off **7.45pm**.
10.00 **UEFA Champions League**
10.30 **MLB: Off the Bat**
11.00 **MLB Highlights** Recent action.
12.00 M'T **LIVE MLB Boston Red Sox v New York Yankees.** Coverage of the American League East match. Start-time is at **12.10am**.
3.15 AM **MLB: Off the Bat**
3.45 **UEFA Champions League**
4.00 **to 6.00** AM **LIVE AFLW Collingwood v Sydney Swans.** Coverage of the match from Victoria Park. Bounce-up **4.05am**.

TNT Sports 2

411 414 522 409 431

6.00 AM **MotoGP Rewind**
8.00 **LIVE MotoGP** The Grand Prix of San Marino MotoGP, Moto2 and Moto3 first free practice sessions.
10.45 **MotoGP Rewind**
12.15 PM **LIVE MotoGP** The Grand Prix of San Marino MotoGP, Moto2 and Moto3 first practice sessions.
3.15 **MotoGP Rewind**
3.30 **MotoE Highlights**
4.00 **LIVE MotoE** The Grand Prix of San Marino qualifying session.
4.45 **Superbike Rewind**
5.00 **British Superbikes Rewind**
5.15 **TNT Sports Reload**
5.30 **LIVE FIM Speedway GP2** From Vojens Speedway Center.
8.45 **British Speedway**
9.45 **MotoGP** From San Marino.
10.15 **British Superbikes Rewind**
10.30 **Premier League Preview**
11.00 **The Fantasy Show**
11.30 **LIVE CPL Barbados Royals v Trinbago Knight Riders.** From Kensington Oval in Bridgetown.
3.45 AM **TNT Sports Cricket Reload**
4.00 **MotoGP** From San Marino.
4.30 **FIA World Endurance Championship Highlights**
5.30 **to 6.00** AM **World Rally Championship**

Sky Sports Action

412 410 517 507 426 446

6.00 AM **Super League Highlights**
6.15 **Women's Super League**
6.30 **My Icon** Deta Hedman.
6.45 **The Rugby Championship** South Africa v Australia.
8.45 **The Rugby Championship** Argentina v New Zealand.
10.45 **Rugby Greatest Games**
10.50 **LIVE NRL** The first qualifying final in the Rugby League competition contested by teams from Australia and New Zealand.
12.50 PM **Rugby Greatest Games** Action from Maori All Blacks v British and Irish Lions in 2017.
1.00 **The Rugby Championship** New Zealand v South Africa.
3.00 South Africa v Australia at DHL Stadium in Cape Town.
5.00 Argentina v New Zealand from José Amalfitani Stadium.
7.00 **NRLW** Action from Sydney Roosters v Cronulla-Sutherland Sharks in the 2024 Grand Final.
8.00 **NRL** Melbourne Storm v Penrith Panthers in the 2024 Grand Final.
9.00 **Premier League Darts** Night 12 of the tournament from Liverpool.
1.00 AM **PDC Classics** Archive action.
2.00 **to 6.00** AM **Rugby League Retro**

Sky Sports Sky Sports+

404 404 518 508 427 447

6.00 AM **Sky Sports News**
7.00 **Sky Sports Breakfast**
8.00 **LIVE NPC Rugby Waikato v North Harbour.** From FMG Stadium Waikato. Kick-off **8.05am**.
9.55 **British and Irish Lions Tour**
10.00 **Sky Sports FC**
10.30 **Rugby Greatest Games**
10.50 **LIVE NRL** The first qualifying final in the Rugby League competition.
12.50 PM **Rugby Greatest Games**
1.00 **Total Football**
2.30 **LIVE Ladies European Tour Golf** Coverage of day two of the Swiss Ladies Open staged at Golfpark Holzhausern in Ennetsee.
5.30 **LIVE WTA Tennis** Coverage of day five of the São Paulo Open.
7.30 **LIVE Super League Leigh Leopards v St Helens.** Coverage of the match from Leigh Sports Village. Kick-off is at **8.00pm**.
10.15 **LIVE WTA Tennis** The São Paulo Open and Guadalajara Open.
1.30 AM **Sky Sports News**
5.00 **Rugby Greatest Games**
5.05 **to 7.35** AM **LIVE The Rugby Championship Australia v Argentina.** Coverage from Allianz Stadium. Kick-off **5.00am**.

Sky Sports Mix

416 412 510 429 449

6.00 AM **EFL Greatest Games**
7.00 **US Open Tennis** Review.
8.00 **PGA Tour Champions**
9.00 **LIVE NRLW Parramatta Eels v Canterbury-Bankstown Bulldogs.** Kick-off **8.40am**.
10.45 **My Icon** Denise Lewis.
11.00 **US Open Tennis** Highlights.
1.00 PM **PGA Tour Champions**
2.00 **Peter Wright: Double Champ**
2.30 **LIVE Ladies European Tour Golf** Day two of the Swiss Ladies Open at Golfpark Holzhausern.
5.30 **Gerwyn Price: Welsh Glory**
6.00 **US Open Tennis** Review.
7.00 **LIVE WSL West Ham United v Arsenal.** At Chigwell Construction Stadium. Kick-off is at **7.30pm**.
10.00 **One-Day International Cricket**
12.00 M'T **One Championship Weekly**
12.30 AM **The Greatest Leg**
1.00 **Rob Cross: A Year to Remember**
1.30 **Peter Wright: Double Champ**
2.00 **Gerwyn Price: Welsh Glory**
2.30 **The Greatest Leg – 2023 Final**
3.00 **LIVE NRLW Brisbane Broncos v North Queensland Cowboys.**
4.45 **to 6.30** AM **LIVE NRLW Gold Coast Titans v Canberra Raiders.** Kick-off is at **4.45am**.

TNT Sports 3

413 415 523 410 432

6.00 AM **Test Cricket Highlights**
8.00 **Test Cricket Highlights**
10.00 **La Vuelta Men** The 18th stage.
11.00 **Onboard** Ocean Race Europe.
11.30 **LIVE SailGP** Coverage of day one of the France Sail Grand Prix.
1.00 PM **SailGP: Racing on the Edge**
1.30 **LIVE Cycling: La Vuelta Men** Coverage of stage 19, a 161.9km route from Rueda to Guijuelo.
5.00 **LIVE Cycling: Grand Prix Quebec** Coverage of the men's race from Canada, which features 18 laps of the city circuit.
9.30 **Onboard** Ocean Race Europe.
10.00 **TNT Sports Reload**
10.30 **La Vuelta Men** The 19th stage.
11.30 **Inside Serie A** The latest news.
12.00 M'T **LIVE Athletics World Championship** Coverage of the opening session of day one at Japan National Stadium in Tokyo.
4.15 AM **World Rally Championship**
4.45 **TNT Sports Reload**
5.00 **to 6.00** AM **Show Jumping**

TNT Sports 4

414 416 524 411 434

6.00 AM **Premiership Rugby**
12.00 NOON **LIVE World Rally Championship** The Rally Chile.
3.00 PM **European Rally Championship Highlights**
3.30 **Premier League: Big Interview**
4.00 **Premier League Stories**
4.30 **Inside Serie A** The latest news.
5.00 **MLB Plays of the Week**
5.30 **MLB: Off the Bat**
6.00 **MLB Highlights** Recent action.
7.00 **LIVE MLB Chicago Cubs v Tampa Bay Rays.** Coverage from Wrigley Field. Start-time **7.20pm**.
10.15 **AFL** The second semi-final.
11.45 **British Speedway**
12.45 AM **UEFA Champions League**
1.00 **Cycling** Grand Prix Quebec.
2.00 **PREM Rugby Cup**
3.00 **World Rally Championship**
3.30 **Porsche Supercup**
4.30 **IFSC Climbing World Cup**
5.30 **to 7.30** AM **LIVE AFLW Carlton v Gold Coast Suns.** From IKON Park. Bounce-up is at **5.35am**.

Premier Sports 1

419 551

6.00 AM **Highlights**
8.00 **Transworld Sport**
9.00 **Football Weekly**
9.30 **Michelin Le Mans Cup**
10.00 **World Surf League**
11.00 **Eredivisie Highlights**
12.00 NOON **NASCAR Highlights**
1.00 PM **FIA World Endurance Championship** Lone Star Le Mans.
2.00 **Top 14 Rugby Union**
2.30 **Scottish Rally Championship**
3.00 **Euro Le Mans Highlights**
4.00 **World Surf League** Tahiti Pro.
5.00 **NASCAR Highlights**
5.55 **Football Highlights**
7.55 **LIVE LaLiga Sevilla v Elche.** From Estadio Ramón Sanchez Pizjuán. Kick-off is at **8.00pm**.
10.00 **LaLiga Specials**
10.30 **Transworld Sport** Magazine.
11.30 **Top 14 Rugby Union**
12.00 M'T **World Surf League**
1.00 AM **FIA World Endurance...**
2.00 **Eredivisie Highlights**
3.00 **to 6.00** AM **Highlights**

Premier Sports 2

420 552

6.00 AM **Top 14 Rugby Union** Action from the French top flight.
8.00 **LaLiga** Espanyol v Osasuna.
10.00 **CONMEBOL World Cup Qualifiers** Brazil v Chile.
12.00 NOON **Football's Greatest**
12.30 PM **FastZone** Motorsports.
1.00 **NASCAR Xfinity Series**
4.00 **Bike World** Recent action.
4.30 **LaLiga Specials**
5.00 **LaLiga** Another chance to see Rayo Vallecano v Barcelona.
6.55 **LaLiga Specials**
7.25 **LIVE LaLiga 2 Las Palmas v Real Sociedad B.** From Estadio de Gran Canaria. Kick-off **7.30pm**.
9.30 **Temples of Sport**
10.00 **CONMEBOL World Cup Qualifiers** Another chance to see Ecuador v Argentina at Banco Pichincha Monumental Stadium.
12.00 M'T **LaLiga** Celta Vigo v Real Betis.
2.00 AM **Football's Greatest**
3.00 **to 6.00** AM **Top 14 Rugby Union**

Sky Sports F1

407 407 516 506 424 444

6.00 AM **Formula 1** Recent action.
12.00 NOON **Formula 1** Highlights.
6.00 **Formula 1** Action from the Saudi Arabian Grand Prix in Jeddah.
7.00 The Miami Grand Prix at Miami International Autodrome.
8.00 Emilia Romagna Grand Prix.
9.00 Monaco Grand Prix.
10.00 Saudi Arabian Grand Prix.
11.00 Miami Grand Prix.
12.00 M'T **Formula 1** Highlights.
2.00 **to 6.00** AM **The Home of F1**

SKY SKY STREAM VIRGIN HD FREEVIEW HD FREESAT HD FREELY EE HD

KIDS WATCHLIST

Great shows for young viewers (from tots to teens) on linear TV and streaming

Deadly 60

NEW

BBC iPLAYER

Weekdays, 6pm, CBBC & BBC iPlayer

Plucky naturalist Steve Backshall is back with another series of the wildlife documentary, in which he takes a close look – usually far too close for our liking! – at some of the world's dangerous creatures.

This time around, we're treated to some up close and personal footage of animals including jaguars, fruit bats and, probably the one we're least excited about, the Australian funnel-web spider. Shudder.

NEW

Peppa Pig

milkshake!

Weekdays, 7.35am, Milkshake! on 5

It's all change for the Pig family in brand new episodes, with their new arrival due any day! But before baby Pig arrives, Mummy and Daddy Pig realise they'll need more space, so start to look for a bigger home – but none of the houses they look at are quite right. Maybe there's a solution closer to home...

Later in the week, there's more shopping when Peppa and George help Daddy Pig pick out a bigger car, while Mummy Pig gets some rest – while she can!

More great shows to watch this week...

Dr Seuss's Red Fish, Blue Fish

NEW

From Monday, Netflix

Inspired by the classic Dr Seuss book, this animated series follows the underwater adventures of best buddies, Red Fish and Blue Fish.

MTV Video Music Awards

NEW

Mon, 10pm, Comedy Central

Coverage of Sunday's awards show from New York, where artists due to perform included Post Malone, Alex Warren and Sabrina Carpenter.

Winx Club: The Magic is Back

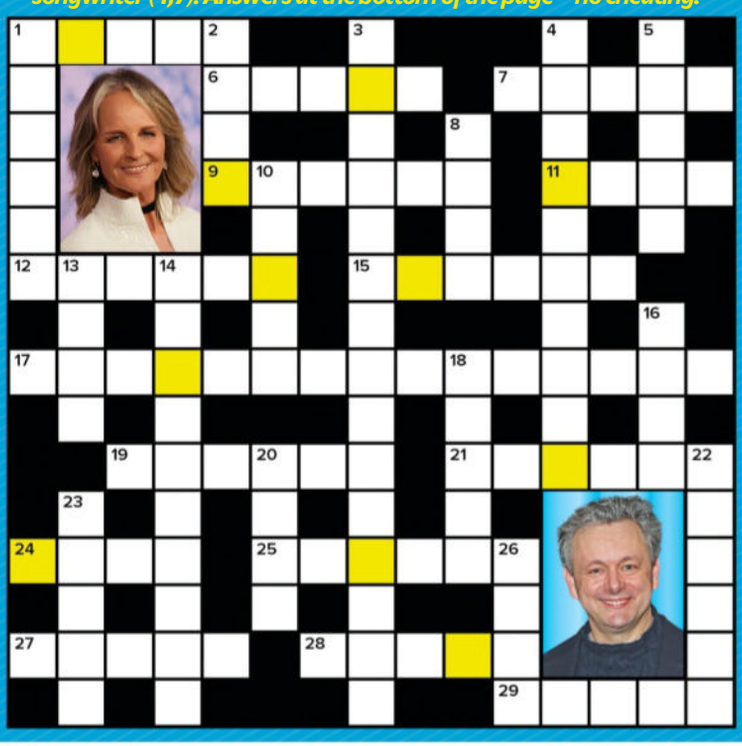
Weekdays, 5.35pm, CBBC & BBC iPlayer

NEW

Twenty years on from the original series, the fairy adventure has been rebooted for a new generation.

CROSSWORD

Solve the clues in our just-for-fun crossword puzzle and re-arrange the shaded squares so the letters spell the name of an English musician and songwriter (4,7). Answers at the bottom of the page – no cheating!



ACROSS

1 American singer of 1979 hit *Hot Stuff*, ----- Summer (5)
6 Thriller from 2006 starring Demi Moore, *Half* ----- (5)
7 See picture clue: Michael -----, Welsh star of *Prodigal Son* and *Good Omens* (5)
9 PI played by Tom Burke, Cormoran ------ (6)
11 The Beatles hit song released in 1967, *Penny* ---- (4)
12 Plays Esther in TV series *Beyond Paradise*, Zahra ------ (6)
15 Luna ------, played Olive Stone in mystery series *Manifest* (6)
17 Irving Berlin's Wild West musical penned in 1946 (5,3,4,3)
19 Matt ------, winner of the seventh series of *The X Factor* in 2010 (6)
21 Biographical-drama film from 2021 starring Tom Hardy (6)
24 Pirate in *Treasure Island*, ---- John Silver (4)
25 Rick Wakeman album from 1974, *Journey to the* ------ *of the Earth* (6)
27 *Great* ----- *Journeys*, series presented by Gyles Brandreth and Timothy West (5)
28 Host of TV show *Antiques Roadshow*, Fiona ----- (5)
29 English band fronted by Brett Anderson (5)

DOWN

1 Co-presenter of *Long Lost Family*, ------ McCall (6)
2 Hit 1980s sketch show, ---- *Smith &Jones* (4)
3 British comedy series with Simon Bird, Joe Thomas, Blake Harrison and James Buckley (3,12)
4 Kristen Bell's role in US sitcom *The Good Place*, Eleanor ---------- (10)
5 Stand-up comedian and *Strictly* contestant, ----- Walsh (5)
8 Singer of 1985 hit *Marlene on the Wall*, Suzanne ---- (4)
10 Handy helper in US series *The Addams Family* (5)
13 See picture clue: Helen ----, Oscar-winner for 1998 film *As Good as It Gets* (4)
14 Star of 1971's *Love Story* (3,7)
16 ---- *after Reading*, 2008 Coen brothers movie starring George Clooney and Brad Pitt (4)
18 ----- the Grouch, character in *Sesame Street* (5)
20 Donald, or Daffy, say (4)
22 *Schitt's Creek* creator and star, ------ Levy (6)
23 John Lennon hit single from 1980's *Double Fantasy* (5)
26 1981 James Bond movie starring Roger Moore, *For Your* ---- *Only* (4)

WORDS: LYNETTE BRIGHTON. PHOTOS: GETTY,BBC, MILKSHAKE! ON 5.

We are committed to only using magazine paper that is derived from responsibly managed, certified forestry and chlorine-free manufacture. The paper in this magazine was sourced and produced from sustainable managed forests, conforming to strict environmental and socioeconomic standards.

Recycle

CROSSWORD SOLUTION

ANSWER: Phil Collins **ACROSS:** 1 Donna 6 Light 7 Sheen 9 Strike 11 Lane 12 Ahmadi 15 Blaise 17 Annie Get Your Gun 19 Cardle 21 Capone 24 Long 25 Centre 27 Canal 28 Bruce 29 Suede
DOWN: 1 Davina 2 Alas 3 The Inbetweeners 4 Shellstrop 5 Seann 8 Vega 10 Thing 13 Hunt 14 Ali MacGraw 16 Burn 18 Oscar 20 Duck 22 Eugene 23 Woman 26 Eyes

Coming soon

FIRST LOOK

Frankenstein

Jacob Elordi and Oscar Isaac
star in a new take on the iconic chiller

A brooding new adaptation of Mary Shelley's 1818 Gothic novel *Frankenstein* is coming to Netflix later this year.

Penned and directed by Oscar-winner Guillermo del Toro, the film streams from Friday 7 November and sees Oscar Isaac play talented but dangerously ambitious scientist Victor Frankenstein, whose dream of understanding the secrets of life leads him to create the Creature, played by Jacob Elordi. But events take a terrifying turn, which brings trauma for both Victor and his haunted monster…

Mia Goth will co-star as Elizabeth Lavenza, Victor's love interest, while Charles Dance is his domineering father Leopold, Felix Kammerer is his brother William, and Christoph Waltz is arms dealer Harlander, who funds Victor's work. David Bradley plays an enigmatic blind man who shows the Creature kindness, and Lars Mikkelsen and Christian Convery also appear.

'This has been the culmination of a journey that has occupied most of my life,' says del Toro. 'Exploring the relationship between humanity and monsters, creator and creation, father and son has consumed my stories again and again. I wanted to make this film before I even had a camera.'

HORROR HERITAGE

'It's the experience of a lifetime,' adds Isaac. 'This film stands on the shoulders of every creature feature.

'It's a dark and sumptuous emotional drama – a character piece sprung from the pages of Mary Shelley's classic novel.'

WORDS: CAREN CLARK. PHOTOS: 5, GETTY, ITV, NETFLIX, PRIME VIDEO, SKY

WHAT'S NEXT FOR...

Dominic West

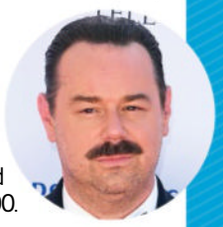
The actor will star alongside Sienna Miller in Sky's London-set legal thriller **War**, about a tech boss and his film-star wife who are embroiled in a divorce case that pits two rival law firms against each other.

Glenn Close

C4's six-part drama **Maud**, based on Helene Tursten's short stories, will see the Hollywood icon play no-nonsense Maud Oldcastle, who has committed murder and will go to any lengths to hide her secret.

Danny Dyer

In ITV1's game show **Nobody's Fool**, the actor and his *Rivals* co-star Emily Atack will oversee proceedings as 10 contestants in a 'smart house' try to convince each other of their intelligence in a bid to win up to £100,000.



Coming Back

Sky Atlantic's acclaimed drama **Gangs of London**, which stars Sope Dirisu as troubled ex-cop Elliot Carter, is returning for a fourth series. But who has survived the last run's cliffhanger ending, in which shots rang out?

Next week

On sale Tuesday 9 September

Coldwater

ITV1's thriller stars Andrew Lincoln as a repressed dad who moves his family to Scotland.

Black Rabbit

Jude Law and Jason Bateman headline Netflix's drama about troubled New York brothers.

Gen V

The return of Prime Video's *The Boys* spin-off introduces a new Dean (Hamish Linklater).

Michael Palin in Venezuela

The broadcaster explores the South American country on 5.

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